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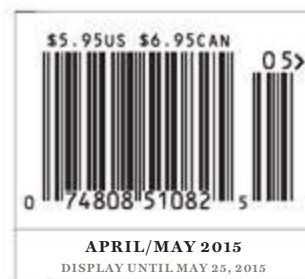
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# 12

"I hope we're both fun parents! While hopefully still providing some amount of structure."

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## ON THE COVER

**Casey Wilson** wears an Ingrid and Isabel dress, India Morgan for Visible Interest necklaces; Stefanie Sheehan for Visible Interest spiked ring, LilahV Jewelry earrings, AuRate cuff and ring. Get Wilson's look with products from Tarte: BB Tinted Treatment 12-Hour Primer SPF 30 in Fair, Colored Clay CC Undereye Corrector in Light-Medium, Smooth Operator Amazonian Clay Tinted Pressed Finishing Powder in Light, Cheek Stain in Blushing Bride, Showstopper Clay Palette, Lights, Camera, Flashes Statement Mascara and LipSurgence Skintuitive Lip Tint.



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## Rachel Zoe gets you dressed!

Rock Rachel Zoe's cool California look all nine months with pointers from the fashion stylist and mom of two, who launched her maternity line this March at A Pea in the Pod. Here are her three must-haves.

### Jacket

"Opt for one with structure to contrast your other more drapery pieces."

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### CHECK THE LATEST RECALLS

Just landed some hand-me-downs? Before you put them in the nursery, be sure they're safe for Baby by visiting our recalls gallery at [fitpregnancy.com/recalls](http://fitpregnancy.com/recalls).

## SHARE A LAUGH WITH CASEY WILSON

Check out exclusive online extras—including behind-the-scenes footage from our photo shoot with Wilson—at [fitpregnancy.com/casey](http://fitpregnancy.com/casey).

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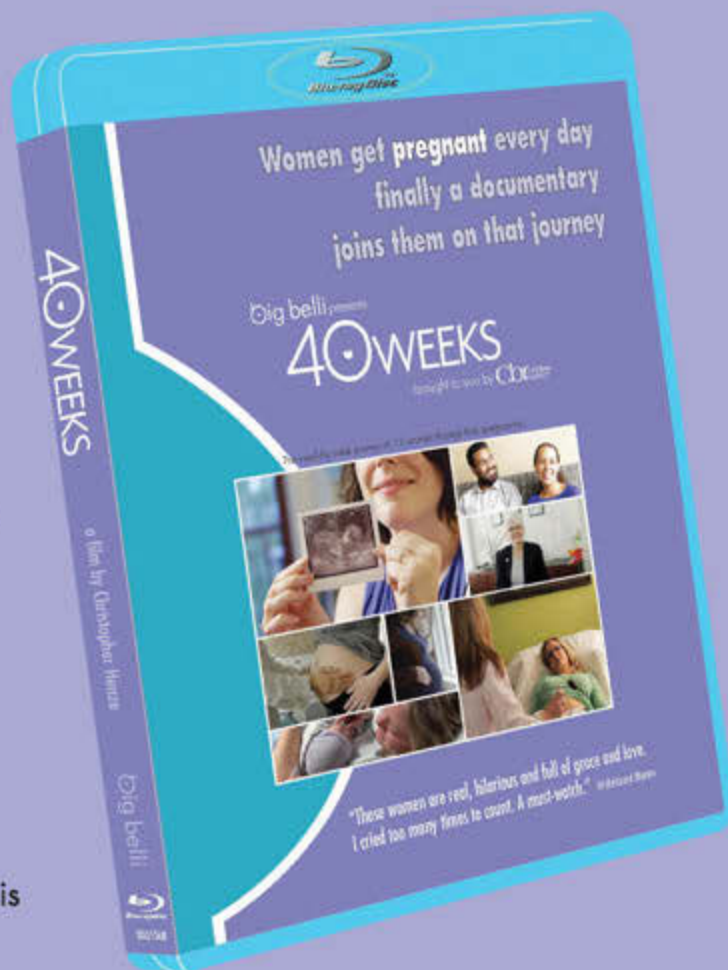
"Unique"  
examiner.com

"Can't get over how perfect the film is for pregnant women."  
LA GoodWife

"Through the course of the pregnancy journey, we have tools like websites and books, but until now there hasn't been a movie that has connected us all to this incredible and life-changing experience."  
MomTrends

"40 Weeks" Provides an Intimate and Refreshing Look at Pregnancy."  
New York Family News

"I cried too many times to count. A must-watch."  
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## gearing up!

**WHEN I WAS PREGNANT WITH MY SON,** Marlon, (now 4 months), there was one patient individual I shamelessly hit up for sound advice almost daily. Nope, not my OB-GYN (although he's top-notch and hilarious). It's our lifestyle editor, Andrea Stanley: aka **our resident baby-gear goddess**. This woman knows her stuff! When a new baby product is born—or an old favorite undergoes an update—Andrea is one of the very first people in the world to hear about it. Not only does she spend several days each fall intrepidly hitting every booth at a mammoth **baby-gear bonanza** called the ABC Kids Expo in Las Vegas, where manufacturers introduce their latest innovations for the pint-size set, but Andrea eats, sleeps and breathes this stuff all year long. She goes to breakfasts introducing glass bottles and cocktail parties debuting revolutionary play yards (the gear-editor equivalent of runway shows) and even on European sojourns to tour stroller headquarters. But Andrea's not just a baby-gear doyenne about town—she's a down-to-earth, super busy mom with a filled-to-the-brim life. Which means she selects what to feature in *Fit Pregnancy* using criteria that resemble your own: **Will this pump save me time?** Will this bouncy seat keep my baby happily contained so I can sneak in a shower? Can I move it from room to room? Can I fold this stroller with one hand? Will this tub take up half my bathroom? In scouting for our annual Registry Guide (p. 48)—23 pages bursting with can't-go-wrong items in every category—Andrea sussed out the new finds that will make your first weeks, months and years as a mom happy ones. I know **Andrea would love to go shopping with you** and celebrate with mocktails when your mission is complete, but thankfully, bringing this issue with you to the store, or poring over it as you register online, is the next best thing. Happy shopping!

*Laura*

LAURA KALEHOFF  
EDITOR IN CHIEF



**THIS IS  
THE FINAL  
ISSUE OF  
FIT PREG!**

We're very sad to say, this issue of *Fit Pregnancy* is the last. Our team has treasured supporting you through your bump months and beyond—it's a role that we've taken very seriously and feel honored to have had. Truly. While there will no longer be a printed magazine, you'll find what you need to have your best pregnancy and deliver a healthy baby at **FitPregnancy.com**. Thanks for your loyal reading!

### *laura's loving it*

These are the finds Marlon and I are mad about!



**Bumbo Multi Seat**  
(\$45, target.com)

Marlon likes to be where the action is. I move this perch around the house so he can chill in the TV room or keep me company in the kitchen.



**Babyletto Pure Core Organic Crib Mattress**  
(\$199, babyletto.com)

This firm, comfy vegan mattress is free of allergens, chemical flame-retardants, phthalates and other no-nos.



**Delta Bennington Curved 4 in 1 White Ambiance Crib**  
(\$199, babies 'r' us stores)

My little guy sleeps soundly (well, some nights) in this serene crib. It converts to a daybed, toddler bed and full bed, so he's set until college!



**Kiinde Kozii Breastmilk Warmer & Bottle Warmer**  
(\$70, babies 'r' us stores)

Marlon is so not a fan of cold bottles. This heats the pumped milk I bring home to the perfect temp.



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\$69, sacredjewels.com.

# casey

cracks us up

Casey Wilson's husband likes to joke that she's not one of those glowing women who looks like she's loving every moment of pregnancy—but we beg to differ. Here, the 34-year-old comedienne, whose first is due in June, shares the ups, the downs and the seriously hilarious moments she's had so far.

BY ANNA MALTBY // PHOTOGRAPHY BY NINO MUÑOZ // FASHION EDITOR: CATHERINE PERIDIS





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## IF YOU'VE EVER SEEN

Casey Wilson on TV, you know she has a great sense of humor. The quirky cutie—who'll become a mama this spring—cracked us up for three seasons as *Happy Endings*' unlucky-in-love Penny (catchphrase: "Ah-mahhh-zing!"), and she's now trading zingers with Ken Marino on NBC's *Marry Me*. But if you hold any stereotypes about how Hollywood actresses aren't quite so quick to smile offscreen, ditch 'em now—Wilson is just as fun IRL as you'd hope.

Case in point: At our outdoor cover shoot in normally-sunny L.A., Wilson was sitting in a chair on the opposite side of the swimming pool from the photo crew when clouds suddenly appeared, dumping rain onto the set. The crew scrambled with tarps and umbrellas to cover

up the photo equipment, and after a minute or two someone looked across the pool and said, "Oh no! Who's covering Casey?" No need to panic. Wilson was all smiles, reaching out a hand to feel the drops and shouting, "Don't worry, I'm fine!"

That laughing-in-the-rain attitude has served her well through her first pregnancy, which, while it hasn't been easy, has taught her some valuable lessons about work, life and love. She dished about it all to *Fit Pregnancy*.

**FIT PREGNANCY:** How are you feeling? I just saw you on *The Today Show*, and it sounds like you haven't had the easiest time so far.

**CASEY WILSON:** I'm feeling so much better than I was. I had a very rocky first and early-second trimester—I felt tired and sick and in a fog, like an extreme hangover, until

## yoga mama

When Wilson isn't pregnant, hot power yoga at Modo Yoga L.A. keeps her strong—so when her doctor recommended she turn down the heat, Wilson asked Modo Yoga director Joe Komar for some at-home sessions. Here are his fave preg-safe moves.



### Malasana

STRETCHES HIPS, LOWER BACK AND ANKLES

■ Stand with feet wider than hips, toes turned out. Squat until you feel the stretch (if you can't keep heels on the floor, widen stance or place a folded blanket under heels). Bring palms together at heart and rest elbows inside knees, pressing out gently. Hold for 30 seconds.



### Bird Dog

STRENGTHENS CORE, IMPROVES BALANCE

■ Begin on all fours, engage your core and extend your opposite arm and leg in line with your torso. Hold for 5 to 8 breaths, then lower. Repeat with other leg.



### Wide-legged Child's Pose

STRETCHES HIP FLEXORS AND GROIN MUSCLES

■ Kneel with feet together and knees wide, then lower hips onto feet and torso onto lap. Bring forehead to floor and extend arms on mat. Breathe deeply for up to a minute.





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about week 16. I thought, *Surely, this is the worst part of parenting.* Then I remembered when I was 15, and my mom said I couldn't go out—I pulled two giant brass sconces out of the wall with my bare hands. There are rougher waters ahead, I fear.

**FP:** You might be right! How did you handle work when you felt so sick?

**CW:** It's difficult because you can't just stay home. But in some ways, it was good to learn to set limits. I'm someone who always says, "Oh, sure, I'll do that! I'll work an 80-hour week! Not a problem." This was the first time my body simply said, "No, you can't do that." There were a couple of days at work when I hit

*me!* And of course I spent half the class having to lie down. I was like, "Oh, this is actually quite hard!"

**FP:** Are you one of those pregnant women who reads everything she can, or do you avoid the TMI?

**CW:** When I first got pregnant, I joined a couple of those mom chat rooms, and it was seriously like a *Saturday Night Live* sketch. I was laughing so hard! Of course, I was appreciative that women share information, but there would be fights over, like, what kind of lotion one woman is using on her stomach. A friend and I would read these exchanges to each other. She'd be like, "BabyMama5 is really upset with

## "I'm excited about having a boy, because they love their moms so much. And I'm selfish!"

15 or 16 hours, and I had to tell the director that I needed to go home—that's so not me, and it was uncomfortable. But there was a freedom in creating boundaries, especially when I knew that it wasn't just Casey who was saying no.

**FP:** That's a great lesson. Have you felt up to exercising at all?

**CW:** Before I got pregnant, I exercised six or seven days a week. I'd do a ton of hot power yoga and I'd train at this place called Rise Nation in L.A.—it's really intensive training that a lot of celebrities use. But when I got pregnant, my doctor recommended I stop going to hot yoga. And even driving to the training, I was tired. If I'm tired *driving* to my training session, how am I going to actually train once I get there? I've worked out here and there, and I have a mini home-gym that's the saddest little gym you've ever seen. But I also started doing prenatal yoga.

**FP:** Have you liked prenatal yoga?

**CW:** When I went to the first class, I thought, *Wow, this is going to be a big change from what I'm used to. I just hope these women can keep up with*

*PregnantLeslie,* and I'd go, "Oh lord, not those two again!" Now I mainly reach out to my girlfriends, since many of them have had babies. I'm also a fan of *Expecting Better* by Emily Oster and *The Conscious Parent* by Shefali Tsabary.

**FP:** What else are you doing to prepare for the baby?

**CW:** We've started registering for baby gear, which has been fun. I'm also learning how to cook! I don't cook at all—I thought getting married would inspire me, but it has not. So I'm hoping my son will do the trick. He's also gotten a lot of gifts—he's ready for his first year and a half of life, down to, like, someone gave him a swimsuit and someone else gave him a pocket square. He's a man of all seasons already.

**FP:** People love baby gifts. Have you dealt with folks touching your belly?

**CW:** I don't really care if people touch me—I know they're just excited. I did *The Rachael Ray Show* recently, and this very sweet woman there came up, got in a low crouch and just started screaming into my stomach! I don't know. People are... uh... you know.

**FP:** So funny! Do you think you'll want more kids?

**CW:** Well, David would like seven! Yeah, I think we definitely want two. We both come from two-kid families, and I can't imagine going through life without a sibling, especially later in life. My mom passed away about eight years ago, and I'm not sure how I would have dealt with that without my brother.

**FP:** That must have been so hard.

**CW:** Going through pregnancy having lost my mom is a whole different journey. It's bittersweet, because it's simply not the experience of knowing your mom is going to come out for two months and help take care of the baby. I thought I wanted a girl, but I almost felt relieved when I found out I was having a boy. Having lost my mom, and having had such a close mother-daughter relationship, I felt like somehow I wasn't ready for a girl. I feel like the universe is letting me try this out with a boy first.

**FP:** I'm sure your mom would be so proud of you. Did you always want to know the sex, or did you consider letting it be a surprise?

**CW:** I always wanted to know. We did a gender reveal party! A friend suggested it to me and I was like, "That's the dumbest thing I've ever heard of, and I must partake in it." We had about 20 friends come to the house for pizza, and we got the cake with food coloring. We had everyone place bets on our child's gender, proving we are already model parents! Life often hits us with unexpected or sad news, so cutting into that cake was such a joyful and silly surprise. I'm excited about having a boy, because they love their moms so much. And I'm selfish!

**FP:** On *Marry Me*, so many characters are in different life stages—newly engaged, single, divorced. How are you handling those differences in your own friendships?

**CW:** That's a great question. June [Diane Raphael, Wilson's writing partner] has been one of my best friends for more than 16 years, and we've had so many eerie coincidences in terms of life stages. She's a year older than me, and she had a son



Her nose will thank you



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almost a year to the month before my son will be born. But then, I have so many friends who are single. June has taught me that no matter what stage you're in, remember that the people who haven't gotten there yet are just as excited about their life stage as you were when you went through it. It's important to honor that. I get that people with kids tend to gravitate toward each other so they can drink and let their kids play together! But I want to stay connected to the people I've been connected with, too.

**FP:** Being in the public eye, are you worried at all about the "getting your body back" stuff, or trying not to think about it?

**CW:** I'm not too worried—I'm going to want to get back on the horse, but I don't know how much time I'll have to drive to a class. I'm still trying to figure out what I'll do post-baby. My husband's always like, "What about exercising outside?" I'm like, "Outside, you say? Hmm, never thought of that!" I've never been the super-skinniest actress out there, so I've always felt slightly above the fray in that way. But I feel so much better when I'm exercising and eating well.

**FP:** You and your husband [*Marry Me* creator David Caspe] seem to have such a fun relationship. What's he like as a dad-to-be?

**CW:** He always jokes with me, "There are so many women who just love being pregnant and they're glowing from the inside out, loving it. You are not one of those women." We laugh a lot about the whole thing. He keeps telling our doctor, "I'm going to be a throwback dad, like a *Mad Men*-type father who's in the delivery room with cigars and who has to have a Scotch before interfacing with the kids." I *think* she knows he's joking, but I'm not totally sure. I also got this enormous body pillow, and my husband's been stealing it. He's like, "This is my ideal pillow. Can I use it?" It's been hard to wrestle it away from him!

**FP:** That's hilarious.

**CW:** We're such pals, and we get to work together and live together—and now we've gotten even closer because we have this new, different, meaningful collaboration. My husband is such a positive person—it's really annoying, honestly. He has a great perspective: "We're healthy,

we have jobs, the baby is healthy, we're good." I've started to soak up a little of that positivity, too. He's going to be a fun dad. I hope we're both fun parents! While hopefully still providing some amount of structure.

**FP:** You'll be an awesome team. Do you have any gut feelings about what your son will be like?

**CW:** We've done a couple of sonograms and he seems to always have his hands over his eyes—my husband said, "Thank God he doesn't appear to want the spotlight like his mom!" He seems very shy, which we're both kind of relieved about! He was conceived during a 90-hour workweek—we'd just started filming *Marry Me*, and the weeks were so crazy; the hours I was working were totally insane. A lot of people say you should avoid stress when you're trying to get pregnant, but I could not have been more stressed at the time. So, it's strange to give personality traits to someone you've never met, but I feel like if he was strong enough to come into the world during such a crazy time, he's going to be OK. Whoever he is, he's absolutely fine. ♦



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# Living well

MAKE THE MOST OF YOUR BUMP MONTHS

## preg fashion in a flash!

**MAXI DRESS** or bump-hugging tee? Warm weather means new ways to dress your emerging curves—and thankfully, you don't have to go it alone. Sign up for one of these preggo-focused fashion services to tap the smarts of a personal stylist, who will ship spring's best belly-friendly clothing straight to your door. Speedy delivery!

### If you're a visual shopper

**Stitch Fix Maternity**  
(stitchfix.com)

This tech-meets-shopping biz just launched a hip maternity section. Start by giving a virtual thumbs up or down to dozens of outfits. Stylists use that data to send you five on-trend items; this season, expect maxi dresses and long, open cardigans along with staples like denim. Pay for what you like and send back what you don't (shipping's on them).

**Cost:** \$20 per box (applies toward any purchases); average item \$55

### If you want head-to-toe outfits

**BUMPstyle Box**

(bumpstylebox.com)

After years of shipping clothes to out-of-state customers clamoring for their cute styles, the husband-and-wife team behind Baby Bump Maternity & Children's boutique in New Orleans started this by-mail fashion service in August.

Based on your fave stores, colors and fits, stylists send you three or four top-to-bottom outfits with a note detailing how to pair them. Buy only what you like; they'll pay for returns. What to expect right now? "Stripes, hints of neon and 'fluid pants,' casual-but-chic drawstring sweats," says BUMPstyle stylist Hannah Donahue.

**Cost:** \$30 per box (waived if you spend \$150); average item \$85

### If you love beauty products, too

**Preggonista**

(preggonista.com)

Simply share your prepregnancy size, and style gurus Tamisha Piper and Tina Hawkins will ship you a monthly box filled with their maternity picks of the moment. You'll get a piece of clothing (like a wrap dress or long cami) versatile enough to wear during and after your bump months, an accessory and a preg-friendly beauty buy (think gentle moisturizers and stretch mark creams).

**Cost:** \$55 per month





## claire coffee's cool nursery finds

We dig this mama-to-be's style (check out her great taste at right): "My top priority is repurposing the furniture we already have—I'm trying not to buy a lot," says the *Grimm* star of decorating for her first baby, due in May. The few items she and husband Chris Thile have picked up? All super cute—and practical. Crib her look with these similar buys.



### A CHEERY WARDROBE

Coffee loves the whimsy of the red dresser she bought at Portland concept store Lizard Lounge. The **Stuva Storage Combination** (\$184, [ikea.com](http://ikea.com)) works the same colorful magic.



### A VERSATILE CHANGING-TABLE TOPPER

"My mom got us a changing-table topper that fit my grandmother's card table, an heirloom that's been in the family for 50 years," Coffee says. Use the **Catalina Changing Table Topper** (\$99, shown with the Catalina Dresser, \$399, [potterybarnkids.com](http://potterybarnkids.com)) to transform your furniture for Baby.

### A MOD WOODEN TRAIN SET

Coffee calls her Lizard Lounge find, pictured on top of her red dresser above, "decor for the nursery now, and a toy for my son later." To copy the look, we choo-choo-choose the **Manny and Simon Shapes Train Wooden Push Toy** (\$58, [store.dwell.com](http://store.dwell.com)).



## QUENCH YOUR CRAVING!

"My garden is my happy place," says chef Marcela Valladolid, co-host of Food Network's *The Kitchen*. She grows more than 100 foods—including lemons and limes—in her San Diego yard. "Citrus has been an obsession during my pregnancy," says Valladolid, whose second kiddo is due in April. Try her go-to limeade, packed with chia seeds for a dose of omega-3s, which boost Baby's brain development. Sip, sip, hooray!

### Chia Seed Limeade with Strawberries and Mint Leaves

SERVES 4

- $\frac{3}{4}$  cup sugar
- 1 cup water
- 1 cup fresh lime juice
- 2 tablespoons black chia seeds soaked in 3 cups water
- 1 cup strawberries, quartered with leaves removed
- 2 tablespoons fresh mint leaves

1. Combine sugar and water and boil, then reduce to a simmer. Remove from heat once mixture is a syrup.

2. In a large pitcher, mix lime juice with chia seeds and soaking liquid. Add syrup, and mix. Garnish with strawberries and mint leaves. Serve on ice.

#### NUTRITION SCORE:

201 calories, 1g protein, 49g carbohydrates, 2g fat (0g saturated), 55mg calcium, 1mg iron, 17mcg folate, 3g fiber, 12mg sodium



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# giving up the bump

My pregnancy home stretch was less about *Where is this baby already?* and more about savoring my beautiful belly.

A few nights before my scheduled C-section, I stared at my naked body in the bathroom mirror. Instead of feeling a big *woohoo!* that my sausage feet, hourly potty trips and perennial beached-whale sensation were on their way out, I mostly felt a crushing disappointment. All those unsavory side effects seemed insignificant compared to the wonderfully large belly I'd acquired—I was so in love with it that I couldn't bear to see it go.

I'd struggled for six years to get—and stay—pregnant. After ages of being envious of every bump that passed me by, I *finally* had one of my own. I sailed through the first two-thirds of my pregnancy with a mixture of disbelief and willful denial that this would end after 40 weeks. But

when I learned at eight months that I'd have to schedule a Caesarean due to my son's transverse position, the date of his birth suddenly loomed as heavy as my ever-expanding tummy. It hit me: It was already almost over.

When I realized my (likely only) pregnancy was about to end, an instinct to commemorate consumed me. I wanted to do everything in my power to memorialize my expectant form. That's when the naked selfies started. As I got ready for bed (yes, every single evening), I'd gaze longingly into the mirror, caress my belly and admire its perfect roundness. It wasn't that I was so great-looking—I grew some unfortunate stretch marks, my butt had decided to expand in concert with my stomach and I'd developed a double chin—but I was still taken by my



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## "I COULDN'T GET ENOUGH OF MY BODY—IT HAD FINALLY WORKED."

figure, because my body was finally doing what a woman's body was meant to do.

My first selfie attempts were—awkward. Along with taking profile shots, I held my iPhone under my belly and managed to produce a strange series of my bump from below with swollen breasts peeking out. Dragging my husband Mike into the effort, with the misguided hope that he'd help me capture the arty, Demi Moore-like photos I wanted, I'd pose in front of the shower curtain as he snapped away. Let's just say I hope those pics never get hacked off the cloud.

When the countdown to Baby approached T-minus three days, my bump-loss jitters reached an all-time high. "Maybe you should do that belly-casting thing you read about," Mike joked. To his chagrin, I took his suggestion seriously, and he begrudgingly returned from

work with a casting kit in hand. We moved our recliner into the kitchen, covered it in a tarp, and spent the evening in a mess of Plaster of Paris as he placed the gooey strips over my torso (yep, naked again). To this day I haven't settled on a good use for our finished art project, which now resides in our bedroom ready to mortify our son in his teen years, but I somehow felt better knowing I'd have a 3-D pregnancy souvenir.

The next day I took a crack at meditation, trying to ditch the stress of reaching the home stretch by being absolutely present. It didn't work. You know that feeling you get on vacation? *I have to remember this*

*because it's going to be over soon and I'll be back at work staring at my computer and wishing I were here at this exact moment.* That's how I felt.

On my last day as a mom-to-be, Mike grabbed a blanket and took me to our favorite park. I sat with him in the quiet and tried to take it all in. Watching children play nearby, I realized: The six sad years of worrying whether I would be able to carry a baby to term weren't just a quest to be pregnant. All that effort had been about having a *child*, and this was it, we were at last going

to have what we'd wanted for so long. I felt at peace for the first time in weeks. Yes, living my pregnant dream had been beyond wonderful, but I was about to embark on an even bigger dream: parenting. I realized I hadn't taken any save-worthy maternity photos other than our NSFW bathroom snaps (I'd worried a professional shoot would be jinxing

things), so that afternoon, Mike took pictures of me in the arboretum. I was truly happy, and ready to move on.

Almost a year later, on Mother's Day, we returned to that park with our son, Samuel. Mike took a photo of me holding our son in the same spot where I had posed holding my belly. I'll cop to the occasional moment when I miss being pregnant, but there's no question that being a mom is a million times more gratifying. And while I am glad to have my secret selfie stash and crazy belly cast, by far the best celebration of my pregnancy is the end result: my little boy. ♦



The author, with her son Samuel, on their first Mother's Day.



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# Feeling good

HEALTH AND FITNESS CUES FOR YOU AS YOU GROW



## Mr. Softie

**IF THINGS** are different between you and your guy, pin it on hormones—but not yours! Dads-to-be experience chemical changes before D-day, too, shows research in the *American Journal of Human Biology*. During his partner's pregnancy, a dude's testosterone and estradiol levels drop, which could make him less aggressive and more nurturing. Researchers aren't sure what triggers the shift (it could be that your biological changes activate something in him), but if he's suddenly agreeing to pore over paint chips with you, thank his biochemistry.

You may notice his new willingness to help out in the kitchen.

ESZTER AND DAVID/GALLERY STOCK



## move your body

■ **Exercise is key for a healthy pregnancy**—and it also may protect your tot well into her childhood. Pregnant women who work out for most of their nine months—especially in the third trimester—have kids with healthier blood pressure 10 years later, according to research from Michigan State University. But there's no need to spin through your 40th week (unless you're dying for a Flywheel fix)! You can still reap these benefits by walking at a moderate pace for 30 minutes (or jogging for 15) five days a week.



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## GIVE BABE A BOOST

Protecting yourself against preeclampsia just got more important. The condition, marked by high blood pressure and damage to the kidneys, could double your child's autism risk, according to data published in *JAMA Pediatrics*. The stemming of oxygen and nutrients to the fetus—a hallmark of preeclampsia—may cause neurological development issues, study authors speculate. To lower your odds, drink enough water, go easy on added salt and caffeine and elevate your legs on a stool while seated at least once a day.



## diet lowdown

You know you should eat healthy now, but it's hard with these *quesadilla enorme* cravings. To help you resist, here are three new reasons to clean up your diet.

**1** Choosing fare that's naturally low in fat, especially fruits and vegetables, could protect your baby's stem cells and immune system, per new research from Oregon Health & Science University.

**2** Skipping high-sugar foods and eating fresh fruit promote your child's growth, a study published in *Maternal and Child Health Journal* suggests. So pick berries over flavored yogurt.

**3** Drinking more than 8 ounces of pasteurized milk a day is linked with larger-than-normal birth weight, suggests research in the *Journal of Transitional Medicine*. Go easy on the moo juice!

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# Why Bank?

## Make cord blood banking part of your family's plan

Thinking about saving your baby's cord blood? You're not alone and chances are you have lots of questions: Does it make sense for your family? Which bank should you choose? Is it worth it?

The fact is, cord blood stem cells are doing amazing things today – helping heal serious diseases and changing lives for the better. Here is a checklist of questions to ask your doctor so you can make an educated decision for your family's future.



## Questions To Ask Your Doctor:

### First Trimester "Learn the basics"

- What is cord blood and how is it used?
- What are stem cells and how do they help with healing?
- Can cord blood be used to treat diseases right now?

### Second Trimester "Talk with your OB/GYN"

- Can my baby use his or her own cord blood?
- Can I save cord blood if I have a cesarean section?
- Why invest in private family banking?

### Third Trimester "Get ready for baby"

Besides the following, what should I look for in a cord blood bank?

- More stem cells
- High transplant success rates
- Financial stability
- Payment plan options

### Important Tips to Remember:



Sign up by week 32  
in case your baby  
comes early



Pack your kit  
in your  
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Banking cord blood does not guarantee that treatment will work and only a doctor can determine when it can be used. Cord tissue stem cells are not approved for use in treatment, but research is ongoing. For more details and references visit [www.viacord.com/references](http://www.viacord.com/references).



## THE GIFT OF LIFE

You've seen the pamphlets at your OB's office touting cord blood banking as a way to safeguard your family's health. But what exactly can cord blood be used for, and is it worth shelling out thousands of dollars to store your baby's? Here, some straight talk on this tangled topic.

BY REBECCA FELSENTAL STEWART

ASK YOUR OB FOR A LIST OF HER TOP FIVE BANKS—THEN DO YOUR RESEARCH TO FIND THE ONE THAT'S RIGHT FOR YOU.



**CORD BLOOD**—the blood that remains in your newborn's umbilical cord after it's clamped—is a rich source of stem cells. Because these cells can be transplanted and used to reconstitute bone marrow, they can help treat cancers such as leukemia and lymphoma, blood disorders like sickle cell anemia and certain immune disorders. And the cells have even *more* potential: Researchers are running trials to determine whether cord blood can also treat conditions such as cerebral palsy, diabetes, autism and hearing loss. To take advantage of the healing power of your baby's cord blood, you can save it one of two ways: Donate it to a public bank where it will be available for anyone who is sick (and a match) to use, or pay to store it in a private bank, where it will be held in case your baby or another child in your family needs it.

### WEIGHING THE OPTIONS

For all of cord blood's potential benefits, odds are your peanut will never use it (only about 1 in 2,700 samples are ever retrieved, according to the American College of Obstetricians and Gynecologists)—which is why it may be tough to justify the expense of private banking. Deciding to bank is a personal decision, but Sheryl Ross, M.D., an OB-GYN in Santa Monica, Calif., points out that families with a history of blood cancers, immune diseases, cerebral palsy or autism, or those who used a donor egg or sperm to conceive (and thus have an unknown family history) may be more likely to want those cells in the future, and therefore may benefit from a private bank.

"It's unlikely your child will need it, but for those who do wind up using those cells, banking's the best decision they've ever made," Ross says. Complicating things further, your child's cells may not be helpful even if she *does* get sick, says William T. Shearer, M.D., Ph.D., professor of pediatrics and immunology at Baylor College of Medicine in Houston. If her disease is caused by a genetic mutation, the cord blood will contain that mutated gene too, making a self-transplant ineffective. In that case, your doctor can look for a match at a public bank, or use a healthy sibling's cord blood (which has a 25 percent chance of being a match).

### FINDING—AND PAYING FOR—THE BANK

Public banking, through banks like the New York Blood Center's National Cord Blood Program, is free, and many medical organizations recommend it. "When you give cord blood to public banks, the chances of it being used are higher because *anyone* can benefit," Shearer says. Whether you're going public or private, ask your doctor for referrals. Once you have a list, find out how many transplants the bank has provided cord blood for and what its success rate is—you want 70 percent or higher. "That may speak to how well they've stored the blood," Ross says. If you choose the public option, go to BeTheMatch.org to see if the hospital where you'll deliver works with a public bank (most don't, but if yours is a research or university hospital you may be in luck), or to see if you're eligible for a kit that lets you hand off the blood to a public bank yourself.

If you go private—saving the blood only for your family—the expense will be high. Most reputable private banks charge around \$2,000 for initial processing, then \$125 or so per year afterward, though you may be able to negotiate. Some, like Cord Blood Registry and ViaCord, offer financial assistance to families with a qualified medical need (like a child in need of a transplant). Smaller banks offer rates in the \$900 range for initial processing.

Most importantly, lock down your plan well before Baby's here. Most banks want a commitment between 28 and 34 weeks of pregnancy so they can mail a collection kit pre-delivery.

### D-DAY DONATION DETAILS

When you arrive at the hospital to give birth, hand the collection kit and completed paperwork to your nurse. When your OB clamps the cord, she'll collect the blood in a sterile bag. If you're donating to a public bank that works with your hospital, your job is done. Otherwise, have your partner inform your bank that the kit is ready for pickup. Within four to six hours, a courier will arrive to transport the cord blood (and possibly tissue) to the bank, where it will be assessed, processed and frozen—and possibly pressed into service to save a life. ♦





My little sister  
saved my life,  
so I promised to be nice to her.

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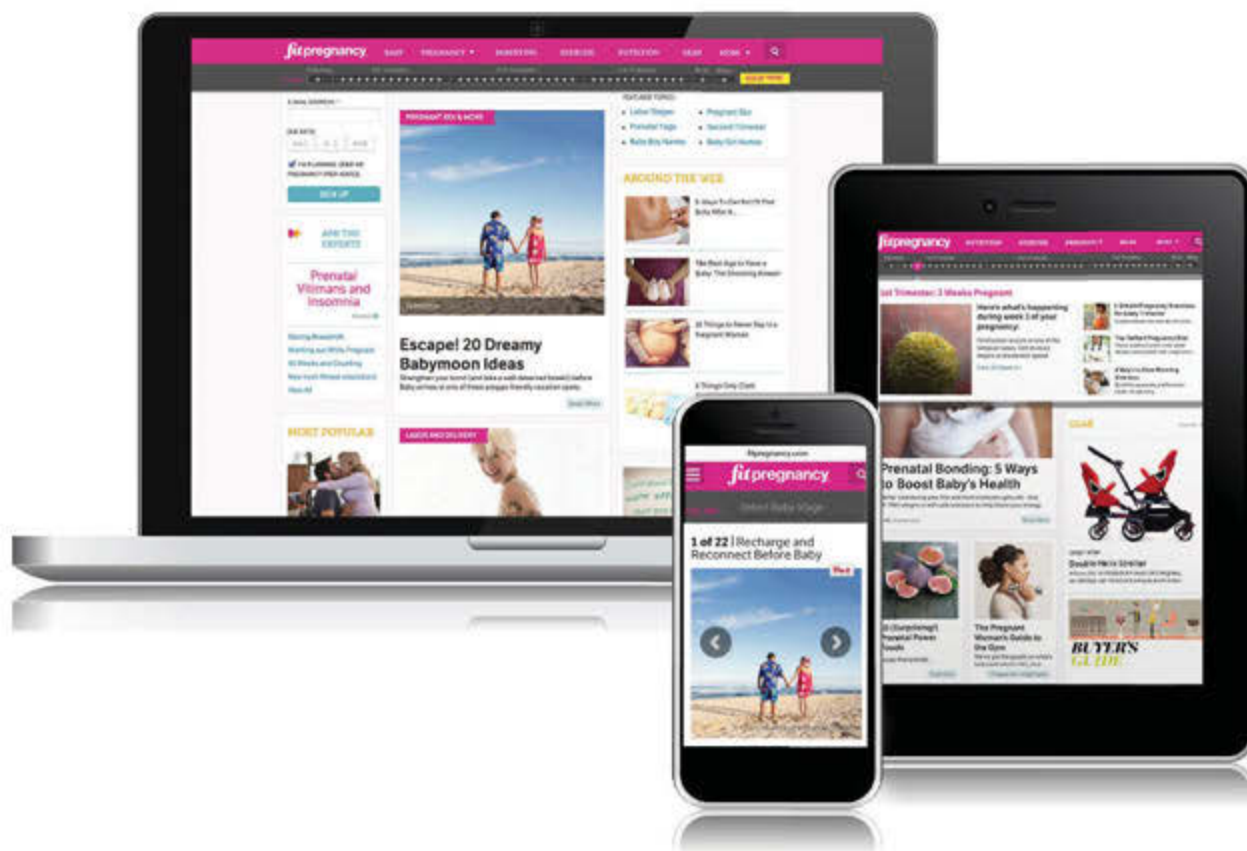
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Results are not guaranteed, and in many cases, not typical or likely. Cord blood stem cell technology is an emerging science. While there exists scientific support to show that stem cell therapy similar to that presented here can be assistive in nearly 80 diseases, not all patients will benefit, and such therapy may not work even in those diseases. The therapeutic success of cord blood stem cell therapy depends on many factors including the quality and quantity of stem cells, patient condition, and disease treated. Individual results may vary. Please speak with your healthcare provider on whether this option is right for your family. This story is inspired by a real life experience by one of ViaCord's clients that occurred in March of 2005. For privacy and security reasons, the names and likenesses are not disclosed.

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## all you can eat

You already know that how much weight you ought to gain depends on your prepregnancy size. Turns out, what you should fill your plate with differs, too.

### If you're overweight out of the gate ...

» While it's tempting to indulge all your pregnancy cravings, now may be the time to go full-on health nut. When expecting women who are overweight or obese at the start of pregnancy let themselves "eat for two"—significantly increasing their calories, eating what they think their body wants and upping their intake of sweets, junk food and high-calorie drinks like milk or juice—they're likely to put on more than the recommended 15 to 25 pounds for overweight women and 11 to 20 pounds for obese women, according to a study from Penn State College of Medicine.

On the other hand, heavier moms-to-be who gained a healthy amount reported being deliberate about their eating, sticking to small meals and frequent snacks, keeping

### their overall calorie intake

the same or even decreasing it slightly and staying active, by walking briskly, swimming or running. If you want to follow suit, make a point of replacing empty calories with nutritious options (think a side salad instead of fries) and carving out time for exercise. "When an overweight pregnant woman eats healthier foods—more fruits and

### If you're starting at a healthy weight ...

» Even women who begin pregnancy at a healthy weight should be careful not to gain more than the recommended 25 to 35 pounds. If you put on more, you'll likely hang onto at least some of it for good, upping your risk of conditions like high

you don't need extra calories during your first trimester. Average-weight moms-to-be require about 1,800 calories a day in those first 12 weeks. "After that, the typical number of extra calories you need daily is 300, and most women meet this simply by eating in response to hunger," says Melinda Johnson, R.D., clinical assistant professor at Arizona State University.

## TRY GRAZING THROUGHOUT THE DAY, STICKING TO SMALL MEALS AND SNACKS

vegetables, less junk food—she'll take in fewer calories naturally," says Miriam Erick, R.D., author of *Take Two Crackers and Call Me in the Morning!: A Real-Life Guide for Surviving Morning Sickness*.

blood pressure later in life, says Jennifer Keller, M.D., associate professor at George Washington University's School of Medicine & Health Sciences, in Washington, D.C. If you're in a normal weight range,

That said, you may feel ravenous during your first trimester. If that's the case, and you're eyeing a bagel with the works, eat it, but choose the most nutritious option you can, like a multigrain bagel with cucumber and tomato.





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To keep satiating that hunger, cut up raw veggies to munch on and don't go anywhere without a snack in your bag, Erick suggests. Johnson adds, "But if you're *not* feeling actual hunger pangs, then figure out why your head is telling you to eat—is it boredom or stress? If so, deal with that rather than automatically eating in response."

As your pregnancy progresses, you'll naturally start to eat smaller meals and snack more, because you're hungry more often but can't eat as much in one sitting since your growing uterus makes you full faster. A benefit: Smaller plates are less likely to give you reflux, a common preg side effect. Mini-meals for the win!

## If you're underweight when you get pregnant ...

» Starting your baby-journey super slim means you may need an additional daily snack of about

200 calories (that's on *top* of the 300 calories a normal-weight woman adds in her second and third trimesters) throughout your pregnancy to put on your targeted 28 to 40 pounds. In other words, you'll aim for 200 bonus cals for the first 12 weeks, then 500 for the rest of your pregnancy. Try a handful of almonds and raisins midmorning or a bowl of cereal and milk before bed, Johnson suggests, whether you're hungry or not.

Whatever your dress size, eat plenty of whole grains, fruits, veggies, lean protein and low-fat dairy. "You need quality nutrition to give Baby the best building blocks for growth," Johnson says. Your OB will monitor your weight at every visit. If she thinks you're gaining too little or too much—or if morning sickness keeps you from eating what you should—she may refer you to a nutritionist to keep you on track. ♦

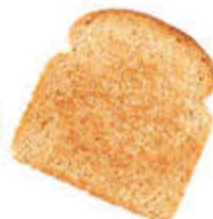
## QUELL THOSE TUMMY GRUMBLES!

"A good snack draws from two food groups," advises Melinda Johnson, R.D. These satisfying and healthy options work well as an extra nosh if you're underweight, as part of the bonus calories you need daily in your second and third tri if you're at a normal weight or as part of a structured small-meal eating plan if you're overweight.

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# full spear ahead

Lean, green asparagus is not only one of the best tastes of spring, it's also full of folate, a nutrient that can make your growing bambino up to 70 percent less likely to have a neural-tube defect at birth. "Folate is best absorbed by your body through food," says Dawn Jackson Blatner, R.D.N., author of *The Flexitarian Diet*—so supplement your prenatal vitamin with these three dishes.

## Creamy Asparagus Soup

SERVES 4

In a large pot, heat 1 tablespoon **olive oil**. Add 2 sliced **leeks**, 1 cup sliced **mushrooms** and 1 bunch chopped **asparagus**; cook 4 minutes. Add 4 cups **low-sodium vegetable broth**, 2 tablespoons chopped **fresh tarragon**, 1 teaspoon **cumin** and **salt** and **pepper** to taste; simmer 20 minutes, then purée in a food processor. Pour back into pot. In food processor, pulse 1 cup **cashews** and  $\frac{3}{4}$  cup water until smooth. Stir mixture and the juice of  $\frac{1}{2}$  **lemon** into soup; heat 5 minutes. Serve.

**NUTRITION SCORE PER SERVING**  
301 calories, 9g protein, 26g carbohydrates, 20g fat (4g saturated), 104mg calcium, 6mg iron, 115mcg folate, 5g fiber, 160mg sodium

NOW'S THE  
TIME TO  
STALK UP ON  
THIS VERSATILE  
VEGGIE!

## Charred Asparagus with Shaved Parmesan

SERVES 6

Preheat oven to 425° F; heat a baking sheet on middle rack for 5 minutes. Quarter  $1\frac{1}{2}$  pounds **asparagus**, drizzle with 2 tablespoons **olive oil** and toss to coat. Arrange asparagus onto hot baking sheet in a single layer. Return sheet to oven and cook for 15 to 20 minutes, tossing asparagus with a spatula halfway through, until tender. Transfer to a serving platter, season with **salt** and **pepper** to taste and drizzle with 1 tablespoon **lemon juice**. Sprinkle 1 ounce thinly shaved **Parmesan** on top. Serve immediately.

**NUTRITION SCORE PER SERVING**  
80 calories, 4g protein, 5g carbohydrates, 6g fat (1g saturated), 77mg calcium, 2mg iron, 59mcg folate, 2g fiber, 67mg sodium

## Asparagus & Walnut Bow-Tie Pasta

SERVES 6

Prepare a 12-ounce package whole wheat **bow-tie pasta** according to package instructions. While pasta is cooking, combine  $\frac{1}{2}$  cup **toasted walnuts**, juice of 1 **lemon**, 2 tablespoons **olive oil**, 2 tablespoons grated **Parmesan**, **salt** and **pepper** to taste, and 2 tablespoons pasta water in a blender (sauce may have bits of walnuts visible). Cut 1 pound trimmed, peeled **asparagus** into 1-inch pieces and add to boiling pasta during the last minute of cooking. Drain the pasta and asparagus; toss with sauce to coat. Garnish with additional  $\frac{1}{4}$  cup toasted walnuts. Serve warm.

**NUTRITION SCORE PER SERVING**  
374 calories, 12g protein, 47g carbohydrates, 16g fat (2g saturated), 86mg calcium, 4mg iron, 55mcg folate, 8g fiber, 47mg sodium



# WITH A PICKLE ON TOP?

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# Style file

TIPS AND SMART PICKS TO LOVE THE WAY YOU LOOK

To keep your waves, put your hair in two buns before bed.



## letting loose

**THE CURRENT "IT" HAIR** is effortless and lived-in with barely-there texture, says Frank Rizzieri, a hairstylist with Aveda. To get it, apply a nickel-size dab of styling cream to damp strands. Try **Phyto Phytodéfrisant Botanical Straightening Balm** (\$28, sephora.com). If your hair is straight, use your fingers to blow-dry it on the lowest setting. If you have curls, use a round brush to blow-dry them smooth. Then, one small section at a time, wrap only the bottom half of your hair around a 1½-inch curling iron, leaving the ends out so they stay straight. Hold for a few seconds, release and use your fingers to loosen the wave.

ALEXANDRE WEINBERGER/FIGAROPHOTO/CONTOUR STYLE BY GETTY IMAGES



# SCENTS & SENSIBILITY

Can you wear your favorite prepregnancy scent without posing a threat to Baby? To make your life easy (hey, that's what we're here for!), we got answers and advice from experts. You'll strike all the right notes.

**YOU MIGHT WANT TO AVOID FRAGRANCE** in the first trimester. Not because of safety concerns, but because even your signature scent may start making you queasy. Women tend to have strong odor aversions at the beginning of pregnancy. Skipping perfume can help prevent nausea and dizziness, says Alyssa Dweck, M.D., an OB-GYN in Mount Kisco, N.Y.

## TAKE A CLOSER LOOK AT YOUR FAVORITE FRAGRANCE

Phthalates, commonly used in perfumes as preservatives and solvents, might cause hormonal disruption and have been linked to low birth weight, Dweck says. But studies are not definitive, and most OB-GYNs don't even bring up the topic of fragrance with their pregnant patients when discussing no-nos. If you'd rather play it safe, you'll need to call the manufacturer of your scent to find out if phthalates are included in the formula—the FDA doesn't require ingredient lists on perfumes. If you opt to stay loyal to your prepregnancy fragrance, spritz your clothes or hair rather than your skin, Dweck suggests.

## CONSIDER A NATURAL FRAGRANCE

Look for a scent made completely of natural oils, which are free of synthetic chemicals, says Mindy Green, an aromatherapist in Boulder, Colo. But stick to floral blends—some research has found a connection between pungent essential oils, like parsley seed and sage, and complications during pregnancy. Try soothing **Lavania The Healthy Fragrance in VanillaLavender** (\$58, [lavania.com](http://lavania.com)) and **Jurlique Essence of Rose Roll-On Fragrance Oil** (\$22, [jurlique.com](http://jurlique.com)).

INSTEAD OF SPRITZING FRAGRANCE ON SKIN, SPRAY IT ON YOUR HAIR AND CLOTHES.



## WORKED FOR ME

### JAIME KING

King, a model and actress since she was a teen, knows a thing or two about beauty. The *Hart of Dixie* star and mom to 18-month-old James Knight shares the finds she couldn't live without during her nine months.

#### Her pampering trick

"I rubbed on the **Elemental Herbology Purify & Soothe Cleansing Balm** and then put a warm washcloth over my face for a few minutes. It felt so good!" (\$52, [elementalherbologyus.com](http://elementalherbologyus.com))

#### Her healthy-hair routine

"I didn't like to wash my hair often, but when I did shampoo, I only used John Masters Organics products. The line is all-natural and really wonderful, especially the **Honey & Hibiscus Hair Reconstructor**." (\$28, drugstores)

#### Her favorite makeup

"Everything from RMS Beauty is amazing—multipurpose and free of anything nasty. I still use the **Lip2Cheeks in Modest, Demure and Smile**, and the **Living Luminizer** on my eyes and cheekbones." (\$36 and \$38, [rmsbeauty.com](http://rmsbeauty.com))

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<sup>2</sup> Pharmacy Times and U.S. News & World Report, OTC Guide, June 2014.

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# THE COOLEST GEAR OF THE YEAR

Forget Google's 74 million baby-product results and let us serve as your gear fairy. With our picks, you'll be fully registered in under an hour.

BY **ANDREA STANLEY** // PHOTOGRAPHY BY **GRETCHEN EASTON**

**HERE AT FIT PREGNANCY HEADQUARTERS**, we've done some crazy things over the past year in the name of nailing down all the bits and pieces your baby needs. We've weaved strollers through cubicles and down city sidewalks. We've tested monitors on children, pets and unsuspecting partners. We've had spirited debates over car seat features during happy hour. We even may have been caught wearing a baby carrier while typing up emails.

And out popped The List—the amazing stuff that will keep your cutie safe, happy and cared for. Whether you're an urban mom, an I-have-no-clue-what-I-need mom or about to be a mom of multiples, we've found the newest (aside from a few tried-and-true faves) finds that you can rely on. Here's to a no-regrets registry.

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## SEAT TO BEAT

The **Cybex Cloud Q** reclines into a bassinet when it's clicked into a stroller or being carried. Also in the pro column: You can change the 11 headrest positions without rethreading, and a longer load leg (that pops out from the seat's base for added stability) absorbs crash energy. The 11-pound perch works with Cybex strollers. 4 to 35 pounds. (\$399, [buybaby.com](http://buybaby.com))

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ON BABY: POLARN O'PYRET TOP, ZUTANO PANTS, UMI SHOES

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## CAR SEATS

Buckle in your precious cargo for a safe ride.

### INFANT SEATS



#### BRIGHT IDEA

The 8.9-pound **Maxi-Cosi Mico Max 30** comes in a rainbow of 12 shades like Atlantis Green. The fabric wicks away sweat and can be removed without rethreading. The seat pairs with Maxi-Cosi and Quinny strollers, plus other major brands. 4 to 30 pounds. (\$230, albeebaby.com)



#### COMPLETE SEAT

Genius! The **Simple Parenting Doona** is an infant seat that morphs into an on-the-go system when you pop out the integrated wheels and extend the handlebar—no lugging your butterball around between errands. Newborn to 35 pounds. (\$499, diapers.com)



#### FIRM FIT

The **GB Asana35 AP** features a load leg to keep your tiny road-tripper from moving forward in a crash. The sturdy 9.2-pound seat is compatible with GB Ellum and Zuzu strollers. 4 to 35 pounds. (\$250, gbchildusa.com)



#### BUILT TO LAST

With a higher weight capacity than its previous model, the **Britax B-Safe 35** fits your sweetpea longer, while the 10-pound transport maintains its narrow shape at the base. The seat's compatible with Britax strollers, plus other major brands. 4 to 35 pounds. (\$210, britaxusa.com)

THIS SEAT  
WORKS WITH  
OVER 20 OTHER  
STROLLER  
BRANDS.



#### SMALL BUT SOUND

It may weigh only 7.7 pounds, but the **Nuna Pipa** is a safety powerhouse, thanks to a load leg that protects it upon impact and a tough shell that encases your little one in the event of an accident. 4 to 32 pounds. (\$300, shopnuna.com)



#### SMART SETUP

A color-coded path at the bottom of the 9.5-pound **Peg Perego Primo Viaggio 4-35** serves as an installation guide. And the Right Tight System keeps the seat secure. It's compatible with Peg Perego strollers, as well as other major brands. 4 to 35 pounds. (\$300, pegperego.com)



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## CONVERTIBLE SEATS

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MOVE!



### NO BUDGING

There's no guesswork involved when stationing the **Britax Advocate ClickTight** in your cruiser. After positioning it using the regular seat belt path, you press and then twist a button to lock the seat in place. Rear-facing 5 to 40 pounds; forward-facing 20 to 65 pounds. (\$420, britaxusa.com)



### STAIN MASTER

Unzip the cover of the **Chicco NextFit Zip** and you can wash away that weeks-old banana in a snap. The seat also has a leveling system so you know when it's installed correctly. Rear-facing 5 to 40 pounds; forward-facing 22 to 65 pounds. (\$330, chiccouisa.com)

## buy the right car seat

• **Check the fit.** Not all car seats fit into every vehicle, says Julie McCaffrey, founder of BabyNay, a maternity concierge in Westchester County, N.Y. Many big retailers will let you try your pick out.

• **Start with an infant seat.** While both infant seats and convertibles are good options, start with the former. "Infant seats are much easier on parents," McCaffrey says. "You just pop it out of the base in the car and onto the stroller." Convertible seats stay in the car.

• **Pick a model that isn't too heavy.** A typical seat weighs between 8 and 11.5 pounds, although some are lighter, McCaffrey says.



### SAFE AND SMALL

The **Clek Fillo** is compact enough to fit three seats across. It also has a honeycomb of aluminum that transfers crash energy away from Baby and a foam-lined headrest to protect his noggin in the event of a collision. Rear-facing 14 to 50 pounds; forward-facing 22 to 65 pounds. (\$350, clekinc.com)



### WASH AND GO

The **Maxi-Cosi Pria 85** can accommodate a child up to 85 pounds, but it's easy to keep the long-lasting chair as good as new—the seat pad, headrest and harness covers come off with a few snaps, so you can toss everything in the laundry. Rear-facing 14 to 40 pounds; forward-facing 22 to 85 pounds. (\$300, diapers.com)



### BUCKLE UP

The **Recaro Performance Ride Convertible** has always used racecar technology for top protection, but its new HERO system adds another layer of safety with an improved harness that won't twist and cause a hazard in an accident. Rear-facing 5 to 40 pounds; forward-facing 20 to 65 pounds. (\$300, recaropromotion.com)

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## CARRIERS

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SHADES LIKE  
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SCARLET.



### SMALL WONDER

The **Phil & Teds Airlight Carrier** folds to the size of a water bottle, so you can stash it in your bag. Mesh sides keep Baby breezy, and it has front and back carry options. 8 to 26 pounds. (\$50, kohls.com)



### NEAR AND DEAR

The high-carry position of the **Infantino Unison Newborn Carrier** keeps your brand-new baby close to your heart—great for bonding. Mama perk: The downy knit cloth makes it extra cozy for you. 8 to 25 pounds. (\$30, babiesrus.com)

### TOTE-ALLY EASY TO USE

With the **Beco Gemini**, you can lug your bug right away (no newborn insert needed). Choose from four ergonomic carry positions—two front options, back and hip. And it comes in charming new patterns, including Arrow and Teepee. 7 to 35 pounds. (\$130, becobabycarrier.com)



### buy the right carrier

- **Choose one with carry options.** In the beginning your baby will face you, so he needs head support, but by 4 to 6 months his neck will be stronger and he'll want to peep out into the world.
- **Have someone else try it on.** You won't get an accurate read with a bump. Have your pal or partner test that the hip and shoulder straps give enough support, and that it adjusts at the shoulders, waist and chest.
- **Get comfortable.** Breathable fabric will keep you and Baby cool, McCaffrey says. Padded leg holes keep Baby in an ergonomic position, and a cushioned waist strap helps distribute weight evenly.



### AHEAD OF THE PACKS

The **Baby K'Tan Active Baby Carrier** mimics a wrap, but its straps eliminate the reams of fabric and complicated tying. Also cool: The material blocks more than 90 percent of UV rays. 8 to 35 pounds. (\$60, babyktan.com)

### KEEPS IT SIMPLE

Switch between three transport positions—two forward options and one back—in a straightforward motion with the **Baby Bjorn Baby Carrier We**. And the front flap clicks open, so you can take your sugar out efficiently. 8 to 33 pounds. (\$140, babybjorn.com)

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## STROLLERS

Parade your sidekick around in these snazzy wheels.

### DELUXE



#### CHANGE IT UP

There are four different modes for the **Nuna Ivvi**—carry cot, infant car seat, and forward- and rearward-facing. Choose airy material to keep your cucumber cool in the summer and cozy fabric for winter. It's compatible with the Nuna Pipa or Maxi-Cosi car seats. Newborn to 50 pounds. (\$800, nuna.eu)



#### THE LIGHT SIDE

For an everyday stroller, the **Valco Baby Snap Ultra** is a slight 18 pounds. But it's still full of hearty extras, like concealed brakes for a streamlined look and a humongous hood that protects your bub from wild weather. The pram works with Maxi-Cosi seats. Newborn to 40 pounds. (\$450, valcobaby.com)



#### READY TO ROLL

The tires of the **Bumbleride Indie 4** can lock in place when you're off-road or swivel for smooth strolls. The fabric is made of recycled water bottles and the canopy has SPF protection. The buggy is compatible with Peg Perego and Britax car seats. Newborn to 55 pounds. (\$599, bumbleride.com)



#### ONE FOR THE ROAD

You can buy the **Chicco Bravo Trio System** and never have to visit the stroller aisle again. Purchase includes the KeyFit 30 Infant Car Seat (4 to 30 pounds) and the Bravo Stroller, which has a height-adjustable handlebar, multi-position seat and a jumbo-size storage basket. Newborn to 50 pounds. (\$350, babiesrus.com)



THIS FITS A  
THIRD KID  
WITH A  
RIDE-ALONG  
BOARD!



#### SHIFTS GEARS

If a big brood is in your future, the **Uppababy Vista** has more seat configurations than you can count on your hands. It works as a single or double stroller and can hold two infant car seats or two bassinets. You can even fold it one-handed. (Jaw drop.) The chariot's compatible with the Uppababy Mesa car seat. Newborn to 50 pounds. (\$820, uppababy.com)



#### DOUBLE THE FEATURES

Two parent favorites packed into one, the **Baby Jogger Vue Lite Travel System** includes the City Go car seat and the Vue Lite stroller. The City Go has a UV 50+ sun canopy, and the stroller is easy-to-maneuver at 15 pounds. Newborn to 55 pounds. (\$299, target.com)

## SPECIALTY



### KEEPS YOUR PACE

The base of the **Bugaboo Runner** is compatible with any Bugaboo stroller seat. Also unique: You can sprint around with Junior rear- or forward-facing. 9 months to 37.5 pounds. (\$425 for chassis; \$805 for complete runner, bugaboo.com)



### TWO'S COMPANY

Though it's a pram for multiples, the **Baby Jogger City Mini GT Double Stroller** still has a nice tight fold—just tug the straps and it neatly collapses. We also adore the easy, one-handed steering, plus you control the brakes from the handlebar. Newborn to 100 pounds combined. (\$580, babyjogger.com)



### MOVER AND SHAKER

Hit the ground running with the **Mountain Buggy Urban Jungle's** state-of-the-art suspension, which means a gentle ride for your tiny. Plus, the material is waterproof. Newborn to 55 pounds. (\$600, mountainbuggy.com)

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**KOLCRAFT**  
CLOUD PLUS STROLLER  
**\$49<sup>99</sup>**

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KL020-FRR1

\*Product subject to availability

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Any Single Regularly Priced Baby Depot Item

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\*Valid through 5/31/2015 only.

**BABYDEPOT.COM**

**Baby Depot at Burlington**







LIGHTWEIGHT

**ELEGANT IMPORT**

The Italian-designed **Inglesina Trip** may be lithe, but it certainly doesn't skimp on the special details. It has a padded bumper bar, excellent suspension and water-repellent fabric, to name a few of the 15.4-pound pram's best qualities. 3 months to 55 pounds. (\$199, inglesina.us)



**FULL OF FUNCTION**

The 12-pound **Summer Infant 3D Flip** has an adjustable canopy and a multi-position recline. Rear-facing to 25 pounds; forward-facing to 50 pounds. (\$130, summerinfant.com)



**THE FOLD AND THE BEAUTIFUL**

**Good Baby Zuzu's** gold-star feature is its space-saving close—fold the 15-pound cruiser with one hand and then click a button to slide the handlebars down even lower. Newborn to 50 pounds. (\$180, gbchildusa.com)

IT MAY BE AN  
UMBRELLA  
STROLLER—BUT  
IT'S FULL OF  
EXTRAS.

**diaper  
bags**

Tote Baby's essentials in a carrier that rivals your fave designer purse.



**FIND ORDER**

**The Skip Hop Chelsea Diaper Bag** has pockets galore, so there's a place for everything from burp cloths to bottles. (\$99, skiphop.com)



**PRETTY  
PRACTICAL**

**The stylish Petunia Altogether Tote** includes a coordinating changing kit and pocketbook. (\$169, petunia.com)



**INSIDE JOB**

A tech pocket in the **Little Unicorn Rotunda** protects your phone, plus the light-toned lining makes it easy to spot what you need. (\$85, littleunicorn.com)





***Natural Curve™***  
**NURSING PILLOW**



**Contoured Support for  
a Healthy Latch**

We listened to the common concerns of breastfeeding moms and created a solution for enduring comfort and ergonomic support. With a solid contour design, the Ergobaby Natural Curve™ Nursing Pillow helps position baby for a healthy latch so you can sit back, relax and let love carry on.

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**ERGOBABY.COM**





This groovy eating spot grows with your tot.

## MAIN DISH

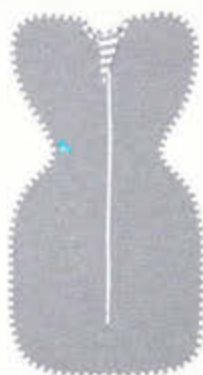
The ultra-mod **Bloom Fresco Chrome Giro** is a perfect perch for your future foodie. It swivels 360 degrees and has rolling wheels. Also, the height adjusts so you can slide it up to the breakfast bar or your dining room table. Newborn to 3 years. (\$650, [bloombaby.com](http://bloombaby.com))

ON MOM: HAUTE HIPPIE DRESS, STELLA AND DOT NECKLACE AND BRACELET, SACRED JEWELS RING  
ON BABY: APPAMAN ONESIE, ZUTANO BOOTS



# WANT MORE SLEEP? SWADDLE UP™

THE ORIGINAL & INNOVATIVE SWADDLE THAT  
ALLOWS YOUR BABY TO SLEEP WITH ARMS UP.



Even while still in the womb your baby is learning to use their hands for self-soothing. Self-soothing helps your baby to settle & sleep longer. Love To Dream™ brings you the only swaddle with "wings" that allows your baby to sleep in a natural position with their arms UP, allowing access to their hands for self-soothing.

**SELF-SOOTHING = MORE SLEEP FOR YOUR WHOLE FAMILY**



[www.lovetodream.com](http://www.lovetodream.com)







## HIGHCHAIRS

Give your babe the best dining spot in the house.



### SIMPLE STYLE

Made of a solid wood base, the **Monte Design Tavo** is like an upscale version of those restaurant highchairs. You can pull it right up to the table, so no tray is necessary. In parent speak: Fewer parts equals awesome. 6 months to 4 years. (\$345, montedesign.com)



THERE'S  
ZERO  
ASSEMBLY  
REQUIRED FOR  
THIS SEAT!



### ON (PRICE) POINT

The **Graco Ready2Dine 2-in-1 Highchair** converts to a booster as your hungry monkey grows. Another well-served detail: You can remove the tray with one hand, so getting your babe in and out is a breeze. Newborn to 3 years. (\$99, target.com)



### WORK AND PLAY

When you aren't using the **Bumbo Multi Seat** for propping your babe up at the dinner table, it doubles as a comfy spot for him to play. (\$45, target.com)

## FORMULA AND BABY FOOD MAKERS

Invest in an appliance so it's easy and fun to make your bub's grub.



### FAST FOOD

The **Born Free Bottle Genius** accurately measures and dispenses the needed amount of formula and water to whip up a ready-to-use bottle. It also has a sanitizing feature. (\$170, newbornfree.com)



### TOP THESE!

Use your own blender to mash up a meal for your mini with the **Kiinde Foodii Starter Kit**. After you purée your mix and pour it into packets using a provided filler, you screw on different tops, like a spout or a spoon. (\$20, kiinde.com)



### HOMEMADE IN A HURRY

Whip up a batch of veggies for your tot with the **Baby Brezza Prima**. Just throw in your produce, and it steams and purées at the same time for easy, homemade bites. (\$150, babybrezza.com)

# Rainier

Convertible+Booster



// **I'm  
thrilled**  
to find such a **safe,**  
**practical** car seat  
that  
will **grow**  
with my  
**children** //

- Naomi



**DIONO**  
Safety in Style

- The only convertible+booster seat with a full steel frame for unmatched safety
- Deeper side walls lined with EPS foam for complete side impact protection
- Space saving design allows extra room for passengers while providing spacious interior for child





# BREAST PUMPS

Nursing mamas: Get to know your girls' new BFFs.

## DOUBLE ELECTRIC



WITH THIS PUMP, YOU'RE SURE TO FIND A SETTING JUST FOR YOU.

### CLEAN MACHINE

The **Ameda Purely Yours Double Electric Breast Pump** keeps your breast milk free of bacteria, mold and viruses due to a barrier that prevents airflow between expressed milk and the tubing. Choose between 32 custom speed and suction settings. (\$180, target.com)



### POWER PUMPER

The one-touch letdown button on the **Medela Pump in Style Advanced** helps you efficiently produce more milk. In other words, you'll have more time post-session to post another pic of your bambino on Instagram. (\$300, babiesrus.com)



### TAPS INTO TECH

No more racking your brain trying to guess how long you've been pumping. The **Lansinoh Signature Pro Double Electric Breast Pump** has an LCD screen with a timer to help you keep track of expressing sessions. (\$150, walmart.com)

## nursing necessities

Settle in for a cozy pumping session.



### COOL COAT

Keep your nursing pillow in mint condition with the **Boppy Organic Slipcover**. It comes off easily so you can wash away your darling's dribbles. (\$25, amazon.com)



### NICE COVER

Many breastfeeding wraps look like tarps, but the **Itzy Ritzy Nursing Happens Infinity Breastfeeding Scarf** makes going undercover look good. (\$25, itzyritzy.com)



### SOFT SPOT

**Ergobaby Nursing Pillow** positions Bub's head above his belly to aid digestion, and the firm foam maintains its shape to keep you from hunching. (\$70, ergobaby.com)

## buy the right breast pump

- **Consider how often you plan to express.** If you intend to pump occasionally for a few months, you can get away with a single-electric breast pump, says Sheela Geraghty, M.D., medical director of the Center for Breastfeeding Medicine at Cincinnati Children's Hospital Medical Center. But if you plan to pump several times a day at work and need to save time, go with a double-electric.
- **Buy a manual backup.** They're cheap and handy to keep at home if you don't want to lug your electric one to and from work, and small enough to keep in a tote or glove compartment for emergencies.
- **Don't buy a used pump.** It could still contain particles of the first owner's milk and make your baby sick. Worried about forking over big bucks? The Affordable Care Act requires health insurance plans to cover the cost of breast pumps, Geraghty says. Check with your provider.



## The Perfect Push Present

Your baby's Stem Cells could someday be used as a life changing medical treatment.  
Bank it where it's being used *Every Day*.

# CariCord



The Stem Cell Bank at  
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Call 844-227-4267 or visit [CariCord.com](http://CariCord.com)

Anschutz Medical Campus - University of Colorado Denver





## BOTTLES

Babies are heavy drinkers, so stock up on the best BPA-free sippers.



**GREAT FOR  
SWITCHING  
BETWEEN  
BREAST AND  
BOTTLE**



### YOUR MAIN SQUEEZE

You'll love the **Comotomo Silicone Bottle's** wide neck for simple cleaning, and your cutie will appreciate the squishy shape that's more like a boob. If you plan on switching Baby to pumped bottles, this one's your pick. (\$14, comotomo.com)



### NOTHING TO HIDE

Keep chemicals out of your babe's eating routine with the **Evenflo Feeding Classic Plus Tinted Twist Glass Bottle**. The design prevents leaks, and it now comes in cool shades. (\$12 for a three-pack, evenflo.com)



### BEST OF BOTH WORLDS

A BPA-free plastic sleeve will contain any breakage if you accidentally drop the **5Phases Hybrid Glass Baby Bottle**. (\$20, 5phases.com)

### buy the right bottle

#### • Try out a few.

You won't know for sure which bottle your little nugget prefers, or if he'll need one that helps battle pesky gas issues, until he's arrived. So start with one to three bottle-and-nipple combos and let your babe decide. (A 4-ounce capacity is good for the first few weeks, after which you may graduate to an 8-ounce.)

• **Be picky about the nipple.** "Find a slow-flow nipple with a wide base, which encourages the baby to keep his mouth fully open," says Leigh Ann O'Connor, an international board certified lactation consultant in New York City. This position most accurately simulates feeding from the breast, making it easier for your baby to switch back and forth. The tip of the nipple should be round rather than flat.

• **Opt for dishwasher safe.** If your baby will only take a certain nipple, but the associated bottle is a nightmare to clean, don't worry—most nipples and bottles are interchangeable, even across brands, says Tanya Altmann, M.D., spokesperson for the American Academy of Pediatrics. As long as the nipple fits in snugly and doesn't leak, you're good.



### EASY CANTEEN

The unique two-piece internal vent system in the **Dr. Brown's Standard Bottle** prevents air bubbles, which helps reduce feeding problems like colic, gas and spit-up. (\$16 for a three-pack, drbrownsbaby.com)



### TAKE-OUT TASTER

The **Mixie Baby Formula-Mixing Baby Bottle** has a compartment in the bottom to hold formula. So all you have to do is press it, then give the sipper a good shake for your bubba to drink on the go. (\$20, mixiebaby.com)



Parenting is easier with **babybrezza®**



## **One Step Sterilizer Dryer**

**Automatically  
Dries Bottles  
After Steam  
Sterilization**

[babybrezza.com](http://babybrezza.com)





# Play

Win a grin and amp up your sweetie's smarts with these finds.



Turn any spot into a fun zone with this mat you can take anywhere!

## ALL FUN AND GAMES

The **Land of Nod Activity Mat** has a sea of ocean critters, like schools of fish and a happy octopus, that hooks your baby's attention while boosting his hand-eye coordination. The play spot's swirly, ethereal design is soothing for your little brainiac—and you! (\$119, [landofnod.com](http://landofnod.com))

ON MOM: OLD NAVY DRESS, TROLLBEADS BRACELETS, NISSA RING; ON BABY: POLARN O'PYRET TOP, GAP PANTS



**NEW**

# YOUR INVITATION TO TRY BETTER SNACKS BY MAIL

**FREE BOX**



We want to invite you to think beyond chips and cookies when it comes to snacking.

Choose from our unique range of more than 100 tasty snacks and we'll handpick your box and mail you the first one **FREE**.

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**FREE** first box coupon:

**1** visit us at  
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code: **EXPECTING**

**3** tell us the foods you  
like & rate the snacks

**4** we'll mail you a  
completely **FREE** box



**EXPECTING**

**OVER**  
**100**  
DELICIOUS SNACKS



Offer applies only to 4 pack box for new grazers. Valid credit or debit card required. Your first box is free & you can cancel deliveries at anytime. Ts & Cs at [graze.com/us/help/terms](http://graze.com/us/help/terms)





# ACTIVITY SEATS AND PLAY MATS

Put a smile on your peanut's face by snapping up a happy place.



## FOR EVERY PHASE

The **Combi Go and Grow** begins as a play center with an activity bar full of grabbable toys, then converts to a table and chairs for tiny art projects as your child grows. (\$140, combiusa.com)



## PLAY IT OUT

A padded wedge on the **Mamas & Papas Activity Mat** promotes tummy time and helps strengthen your wobbly wee one's muscle and motor development. The set has nine cheery toys. (\$85, mamasandpapas.com)



## AROUND AND ROUND

The **Little Tikes Discover & Learn Activity Center** has baby and toddler modes so your tiny won't tire of it as he grows. It has 12 activities, including a battery-operated train, and it rotates. (\$90, littletikes.com)

## FLAT-OUT FUN

The mirror, wooden rings, teething and crinkly material on the **Skip Hop Treetop Friends Mega Play Mat** will have your babe in giggles while you find time to change out of your sweats—score one for Mom. (\$45, skiphop.com)



WHAT A HOOT  
BABY WILL  
HAVE ON THIS  
ADORABLE  
MAT!



## bouncy seats and swings

Sway your sweetie in one of these crazy-cozy and feature-packed perches.



## MOVES AND GROOVES

The **Babymoov Swoon Up** has a smart timer, so if Baby gets cranky, the motion turns back on automatically. You can also adjust the height, and it swivels 360 degrees. (\$160, diapers.com)



## FUN SPOT

The **Fisher-Price Comfort Curve Bouncer** has features galore: The seat vibrates and has cool, colorful overhead toys. Pssst, Mom: The seat pad is machine washable. (\$40, babiesrus.com)



## JUST PRESS PLAY

Control the updated **4moms mamaRoo** from your phone. Click on a new song or cue up the rocking motion and voilà—an extra two minutes to finish blow-drying your hair. (\$240, 4moms.com)

## buy the right bouncy seat

- **Check for a timer.** Vibrations are fantastic. But make sure the model you choose allows you to put them on a timer, so Baby doesn't become reliant on them to fall asleep, McCaffrey says.
- **Come clean.** Nab that pretty patterned seat cover you've been coveting, but make sure it's machine washable. Messes *will* happen.
- **Look at your lifestyle.** Think beyond, *Will it go with my living room?* The seat should suit your routine, McCaffrey says. Will you move it around the house a lot? Stay away from something clunky. Plan on taking it to Grandma's house every weekend? Make sure it folds.



nuna®

senar



## rest easy

The chic SENA series—thanks to our clever zigzag leg design—pops open easily into soft, sturdy dreamlands, and then refolds in mere seconds—all with just one hand. Its optional changer accessory allows you to create a full functioning nursery—no matter where you are. The only-of-its-kind upper cot even folds with the frame for ultra quick getaways the next morning.

Let the traveling begin.

learn all about it at [nuna.eu](http://nuna.eu)





## PLAY YARDS

Set up a safe spot for Baby to snooze or carouse.

### KIT AND CABOODLE

The **Joovy Room** has a changing station with a waterproof top, a night light, speakers to play soft music when you plug in your phone and compartments for storing all the stuff your buddy needs. (\$270, joovy.com)



### EASY BUILD

A magician couldn't open or close the **4moms Breeze** faster. Press down on the center and (presto!) it's completely closed. And the new model is 6 pounds lighter. (\$300, 4moms.com)



### ONE-STOP STATION

The **Graco Pack n' Play Smart Solutions** boasts a diaper changing spot and built-in storage to hold nappies and wipes. Plus, it plays music and nature sounds, and the portable bassinet vibrates. (\$220, gracobaby.com)



### PACKS A BUNCH

The **Evenflo Portable BabySuite Deluxe Play Yard** includes an overhead toy bar, play mat, bassinet and changer. (\$100, target.com)



### TRAVEL LIGHT

The **Pop n' Play Ultimate Play Yard** weighs just 12 pounds but has a giant space for your dude to romp around. We love its removable sun canopy and water-resistant floor. (\$100, summerinfant.com)



THERE'S A  
SPOT FOR  
EVERYTHING IN  
THIS COOL  
PLAY YARD.



# Time is of the essence

When your children feel uncomfortable, so do you. Relief cannot come soon enough. To find fast relief naturally, turn to Hyland's, a trusted brand for over a century. Our new products for baby and kids 2-12 use safe and natural medicines that calm your child's system quickly, relieving painful symptoms of gas, teething, upset stomach, and restlessness.\* Then you can be relieved too.

- Natural, safe and effective.
- No artificial flavors, colors or parabens
- No Aspirin, Acetaminophen, Ibuprofen, Naproxen, Pseudoephedrine, or Dextromethorphan.



 **Natural Relief!**

For more information, visit [hylands.com](http://hylands.com)



# Chill

Prep your darling to drift off to dreamland.



When its nursery days are done, this modern rocker looks great with any decor.



## ROCK AROUND THE CLOCK

Built for starlit nursing sessions, the **Pottery Barn Kids Tufted Wingback Rocker's** cushioned headrest provides extra support, and its armrests deliver more elbow space. (\$899, [potterybarnkids.com](http://potterybarnkids.com))

ON MOM: HAUTE HIPPIE TOP, DENIMOCRACY JEANS, MARIPOSA NECKLACE, LA SOULA NECKLACE, TROLLBEADS BRACELET  
ON BABY: CHILDREN'S PLACE TOP, ZUTANO PANTS

Comments gathered from facebook and twitter!

### We love it!

The perfect compromise between baby sleeping in our bed and sleeping farther away.

I get so much more sleep! Moira

This is absolutely the best baby purchase we made. **Easy reach for breastfeeding.** We used it for about 5 months exclusively and still use the pack and play option for visiting nearly two years later. It's portable.

CW

### Everyone needs this for a newborn.

Makes it easy to reach over and get the baby. Easy assembly.

A five star product.

PF

**Great for twins.** My babies were premature and having them close by my bed was an added plus.

NA

One of the best investments we made as new parents.

**Sturdy and easy to assemble.**

Baby loves it and couldn't be happier.

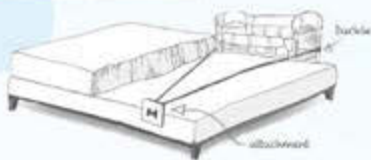
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Mesh ventilation  
Moveable  
Portable



Mini Convertible can be used as a freestanding bassinet and a playard





## CRIBS

Kiss your cuddlebug good night in one of these sleep spaces.

THE MIX OF  
DARK AND  
WHITE WOOD  
GETS TWO  
THUMBS UP!



### ONE FOR THE AGES

Crafted with New Zealand pine and nontoxic finishes, the chic **Serena & Lily Hudson Crib** has four mattress heights, plus it converts to a toddler bed and a daybed. (\$395, [serenaandlily.com](http://serenaandlily.com))

## mattresses

Remember: What you put in your crib matters, too.



### CLEAN Z'S

The **Lullaby Earth Breeze** is free of chemicals—and though it's waterproof, it's still breathable. (\$279, [lullabyearth.com](http://lullabyearth.com))



### SOUND, SAFE SLEEP

**Evertrue Diamond's** breathable fabric helps the flow of oxygen to decrease the risk of SIDS. (\$350, [evertruemattress.com](http://evertruemattress.com))



### BETTER BEDDING

The **Serta Perfect Embrace Mattress** is stitched together from coconut fibers, and its vinyl top makes 3 a.m. diaper leaks easy to clean. (\$80, [babiesrus.com](http://babiesrus.com))

### buy the right crib

• **Opt for a new model.** You can rest assured that it meets current safety requirements. An old crib may not be up to snuff safety-wise, or it could be missing instructions or hardware for correct assembly, says Mark Brandenburg, M.D., author of *Baby Safe: The Practical Guide for Preventing Infant & Toddler Injuries*. Check the Consumer Product Safety Commission ([cpsc.gov](http://cpsc.gov)) for current recalls before you buy.

• **Wood is good.** A crib made of solid wood is less likely than one made of composite wood to contain harmful levels of formaldehyde. If the crib you want does contain composites, like particleboard or plywood, make sure it's labeled "California Phase 2 Compliant" (which refers to a stringent state health regulation). Look for one that boasts nontoxic finishes.

• **Keep in mind location.** If your dream crib must be stationed next to a window (drapes or blind cords could cause entanglement) or against other furniture (it should be at least a foot away), pick another model, advises Eileen Tyralla, M.D., medical director for Cribs for Kids, a nonprofit dedicated to infant sleep safety.



#### SECRET STORAGE

Tuck bodysuits in the drawers of the **DwellStudio Vanderbilt Crib**. Its brass knobs, two-tone accents and Old Hollywood silhouette will have you wishing for an adult version. (\$1,195, dwellstudio.com)



#### NOD TO MOD

The **Spot On Square Alto Crib** is plenty practical with three height adjustment options and water-based finishes, but its punchy design makes it fun, too. (\$1,490, spotonsquare.com)

## swaddlers

Become a wrap star with these snugly wearable blankets.



#### SAFE SLEEPER

The inverted zipper on the **Halo SleepSack Swaddle** makes late-night diaper changes a cinch. Plus, its design allows swaddling with arms in or out. (\$28, diapers.com)



#### CLOSE FOR COMFORT

The **Ollie Swaddle** is made from moisture-wicking material to reduce overheating, plus the stretchy fabric helps reduce the risk of hip dysplasia. (\$48, theollieworld.com)



#### PERFECT FIT

**Nüroo Swaddler's** Velcro close allows you to wrap your peanut up perfectly, and the length extends so you can continue to use it as Baby sprouts. (\$25, nuroobaby.com)

#### IN THE DETAILS

Pastel-colored feet in Spring Yellow or Cool Mint make the **Babyletto Gelato** crib a standout. A few other notables: It's made of sustainable wood and converts all the way to a full-size bed. (\$399, babyletto.com)



LOOK DOWN!  
THE COLORFUL  
FEET OF  
THIS CRIB STEAL  
THE SHOW.



#### ALL COT UP

Break from saccharine-sweet decor with the **Pottery Barn Kids Elsie Spindle Crib**. You won't want to get rid of the bold and beautiful sleeper—and you don't have to! It converts to a toddler bed. (\$599, potterybarnkids.com)



#### CLASSIC COT

A crisp, clean design keeps the **Delta Ava 3-in-1 Crib** timeless. (Hint: You can stash away the gender-neutral sleeper for Baby No. 2.) (\$250, deltachildren.com)





## BASSINETS

Sweet dreams are made in these.



### AWAY YOU GO

With the **Chicco LullaGo**, naptime can happen anywhere. And the nest folds to fit in a travel bag for easy-peasy portability. Newborn to 20 pounds. (\$100, [chiccouusa.com](http://chiccouusa.com))

### IT'S GOT THE LOOK

Design mamas take note: The **Monte Design Rockwell Bassinet** is a beauty with its chrome stand and upholstered basket. On a more practical note, you can remove the bassinet from the stand for quick mobility around the house, plus the mattress is waterproof. Newborn to 18 pounds. (\$495, [montedesign.com](http://montedesign.com))



SO BEAUTIFUL  
YOU WON'T  
MIND IT IN  
YOUR LIVING  
ROOM!



#### SLEEP AND PLAY

When your sweetpea isn't dozing off in the **Tiny Love Cozy Rocker Napper**, you can use it as a play spot. It has a music box with tunes for your tiny dancer to jam to, plus plenty of huggable toys. Newborn to 40 pounds. (\$125, [tinylove.com](http://tinylove.com))



#### DREAM A LITTLE DREAM

The **Arm's Reach Cambria** allows your bundle to sleep safely next to your bed—perfect for nighttime nursing—and later works as a freestanding bassinet and play yard. A fitted sheet and travel bag are included. (\$229, [armsreach.com](http://armsreach.com))



#### GREEN MINDED

The **Land of Nod Springwood** is made of sustainable wood and is completely eco-friendly with nontoxic finishes, so your bambino won't breathe in any off-gasses while in dreamland. Newborn to 18 pounds. (\$515, [landofnod.com](http://landofnod.com))



#### SET UP YOUR WAY

The **Babyhome Air Bassinet's** interchangeable leg system allows you to use it with wheels, as a rocker or stationary. The mini sleeping quarters are crafted of lightweight aluminum, plus it has mesh windows for stellar ventilation. Newborn to 55 pounds. (\$299, [babyhome.es](http://babyhome.es))

## gliders

Rock, nurse and just marvel at your sweet bundle in these charming chairs.



#### FITS IN ANYWHERE

The **Little Castle Monaco II Glider** works in the nursery for swaying your kiddie off to la-la land, but is contemporary enough that it could double as a design piece in your home later. (\$680, [littlecastleinc.com](http://littlecastleinc.com))



#### HOLDS SWAY

The **Babyletto Bento Glider** is upholstered in waterproof material, because let's face it—spit-up happens. The seat also swivels 360 degrees and has a smooth seesaw for late lullaby sessions. (\$349, [babyletto.com](http://babyletto.com))





## TUBS

Splish splash! Rinse off Mr. Stinky in one of these baths.

### SMALL-SPACE SANCTIONED

Hang the **Puj Tub** on the back of the bathroom door when bath time is over. The soft material is perfect for cradling your cutie, plus it's mold- and mildew-resistant. (\$45, [puj.com](http://puj.com))



SOFT LIKE A  
SPONGE—IT  
FOLDS INTO  
THE SINK LIKE  
ORIGAMI!!



### GET A RAISE

Adjust the position of the **Baby's Journey Perfect Height Tub** so you don't have to strain your back as you scrub-a-dub-dub your squirmy bub. (\$30, [babysjourney.com](http://babysjourney.com))



### WARM UP ZONE

The **Summer Infant Keep Me Warm Baby Bath** prevents your little guy from getting the shivers thanks to a cascade of balmy H<sub>2</sub>O that circulates behind Baby's back. And the tray in the front lets you keep essentials near so you don't have to look away for even a second. (\$50, [summerinfant.com](http://summerinfant.com))

## tub accessories

Make bath time a breeze with these soaking essentials.



### WATER REPORTER

The **Skip Hop Moby Floating Bath Thermometer** keeps track of the H<sub>2</sub>O's temp. (\$15, [skiphop.com](http://skiphop.com))



### BETTER THAN A WASHCLOTH

Fill the **Soapsox** with bubbles to give Junior a thorough wash. (\$15, [soapsoxkids.com](http://soapsoxkids.com))



### DRY SPELL

Beware cuteness overload when you bundle your babe in the **3Sprouts Hooded Towel**. (\$20, [3sprouts.com](http://3sprouts.com))



### REEL IT IN

The **Boon Cast Fishing Pole** is perfect for engaging your little one while cleaning her yummy rolls. (\$13, [babiesrus.com](http://babiesrus.com))



## NURSERY MUST-HAVES

Complete your nest with these finishing touches.



### PAGING THE JETSONS

The **iBaby Monitor M6** allows you to observe Sleeping Beauty from your phone or tablet and snap photos of those sweet shut-eye sessions directly from the app. You can even invite faraway family members to join the stream, so grandparents can chime in for nightly story time. (\$200, ibabylabs.com)



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Built for small spaces, the **Dekor Mini** diaper pail is now more petite so it's easier to stow out of sight. It still has three lines of defense to lock in odor and can hold up to 25 diapers. (\$25, buybuybaby.com)



### EYE POD

The **Babymoov O Emission Camera** emits no electromagnetic waves. And after you connect it to your Wi-Fi, you can turn on a soft-colored night light, talk to your baby and click on music. (\$200, babymoov.com)

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Tell your guy to  
keep the laptop  
on a table,  
not in his lap.



## SNEAKY FERTILITY THWARTERS

Are these habits messing with your baby-making efforts?

**AS YOU'RE** planning your journey toward Baby No. 1 (or 2, or 3), you already know to eat well, exercise and keep stress at bay. But there are some seemingly innocuous habits that could reduce your odds of conceiving. Here's what to watch for.

### ■ YOUR PARTNER'S LAPTOP TIME

If your guy spends all evening sprawled on the couch with his computer, be warned: He may be hampering his junk. "Increased lap temperature can lead to decreased sperm production," says Frederick

Licciardi, M.D., professor at New York University Langone Fertility Center. "A couple of hours occasionally won't have an effect, but if this is a regular habit—with a computer that really heats up—have him stop."

### ■ PLASTICS

Bisphenol A (BPA), an estrogen-like compound found in plastics, is everywhere these days (think: many plastic water bottles, can linings and even cash register receipts). Where you want it to be is far away from you. While there's no data that directly links BPA (or Bisphenol S,

an often-used substitute) and infertility, there is enough evidence to suggest an impact, notes Isaac E. Sasson, M.D., Ph.D., a reproductive endocrinologist and fertility specialist at Shady Grove Fertility in Philadelphia. Your best option? Be cautious: Favor glass and aluminum containers, and decline unnecessary receipts.

### ■ YOUR LUBE

Be careful about the products you use during baby-making sessions. "Some oil and silicone-based lubricants can harm women's fertility," Sasson says. A study in *Fertility and Sterility* found that several common lubes, including K-Y Jelly and Astroglide, reduce sperm function by

slowing their movement and damaging their structure with unnaturally high pH levels, even though they're not spermicides. If you still want something to butter you up, Sasson suggests Pre-Seed (\$22, cvs.com), which won't slow down his swimmers.

### ■ SMOKING, POT OR OTHERWISE

Laying off cigs is crucial both for aiding conception and growing a healthy baby, Licciardi says. Steer clear of the herbal stuff, too: "There hasn't been research on this, but since similar chemicals are inhaled when burning marijuana and tobacco, pot is very likely harmful." The jury's also out on e-cigs, but Licciardi advises avoiding any and all smoking, period.

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**CVS/pharmacy**



# bump watch

0

TRIMESTER

1<sup>st</sup>

TRIMESTER

2<sup>nd</sup>

TRIMESTER

3<sup>rd</sup>

TRIMESTER



## GOTTA GO?

Why you're constantly running to the ladies' room

**HIGH PROGESTERONE** means you likely have to pee more frequently now than ever before—often as if you've chugged a few beers, except you've done nothing of the sort. The vast majority of pregs go more than seven times a day and at night, compared to four to six times for non-preggos, and they often experience that *yikes!* feeling of urgency, says Sean S. Daneshmand, M.D., director of maternal-fetal medicine at San Diego Perinatal Center. These restroom runs won't be letting up anytime soon—

especially once your belly expands and begins putting pressure on your bladder, and relaxin helps loosen up your pelvic floor. But the good news is that you can reduce your number of pit stops slightly.

### 1 GET IT ALL OUT—YES, ALL OF IT!

When you hit up the ladies' room during the early stages of pregnancy, lean back or to the left each time in order to let your bladder empty completely. In your later trimesters, lift your belly to get the same effect. That will buy you extra time between

trips, says Sheryl Ross, M.D., an OB-GYN in Santa Monica, Calif.

### 2 PLAN YOUR DRINKS CAREFULLY

If getting up to go bugs you most at night, slow down your fluid intake after 6 p.m. Just get plenty to drink before then and limit caffeinated beverages to the morning hours, notes Teresa Ann Hoffman, M.D., an OB-GYN in Baltimore.

### 3 WATCH FOR WARNINGS

Urinary Tract Infections (UTIs) are one of the most common pregnancy infections, but they're tough

to spot, since their hallmark symptoms—urinary frequency and urgency—are normal when you're expecting, says Angelica Zaid, M.D., an OB-GYN at Women's Integrative Health in Encinitas, Calif. Left untreated, UTIs can cause early labor and low birth weight, so call your OB or midwife if you feel a painful or burning sensation when you pee, see blood in your urine, feel like you have to pee again after you just went or run a fever. And throughout your pregnancy, head to the bathroom every time nature calls—keeping things flowing can help you avoid an infection.

Dermatologist  
Recommended  
for Scars and  
Stretch Marks  
GfK, 2014

“I never worried about stretch marks before but when I found out I was pregnant, I just thought if I can, then I must do something to try and prevent them. My friend had a baby a year before me and she’d been using Bio-Oil a lot. My sister also said that it was the best thing... so I started using it right from the beginning. And I didn’t get any stretch marks! Plus Bio-Oil really helped with getting my skin’s elasticity back.”

Theresa with Roxy



Bio-Oil® helps reduce the possibility of pregnancy stretch marks forming by increasing the skin's elasticity. It should be applied twice daily from the start of the second trimester. For additional product information, please visit [bio-oilusa.com](http://bio-oilusa.com). Bio-Oil ® is available at drugstores and leading retailers at the recommended selling price of \$11.99 (2fl.oz.). Individual results will vary.





# bump watch

0

TRIMESTER

1<sup>st</sup>

TRIMESTER

2<sup>nd</sup>

TRIMESTER

3<sup>rd</sup>

TRIMESTER

## BUMP AHEAD!

The scoop on your beautiful new belly—and what its size *actually* means

**NOW THAT** you've (finally!) popped, you've heard your fair share of remarks on your tummy. Here, the skinny on all those speculations.

**I'm carrying pretty high—does that really mean I'm having a girl?**

Not so much, but you probably had killer abs before you began this baby-

journey. "When a woman carries high, it's often because her abdominal muscles are in good shape," says John Thoppil, M.D., an OB-GYN practicing in Austin, Texas. "Women who have more relaxed abs, or abs that have stretched during previous pregnancies, tend to carry lower."

**I've been showing since my first**

**trimester. Why did I pop so soon?**

A previous pregnancy or lax abdominal muscles can result in an early-to-debut belly. That bump could also have just been due to first-trimester bloating, which is common, Thoppil says. Usually the uterus stays well-hidden behind the pubic bone until the second trimester, especially for a first-time mom.

**My bump is so big! Will my baby be huge when he's born?**

Not necessarily. A better indication of your little guy's

growth is the fundal height, which is the distance from your pubic bone to the top of your uterus. Your OB or midwife will begin measuring this at each of your visits starting at around 20 weeks. "You should have a 1-to-1 correlation," Thoppil says. "At 20 weeks, the fundal height measurement should be about 20 centimeters, and so on." If yours deviates by 3 or more centimeters in either direction at any point, your practitioner will likely have an ultrasound scheduled just to ensure that Baby's growth is still on track.

TATYANA TOMSICKOVA PHOTOGRAPHY/GETTY IMAGES

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## (CERVICAL) CHECK POINT

Do you really need this prenatal exam?

**ONCE YOUR** cervix (the neck of your uterus) has dilated to 10 centimeters and is 100 percent effaced (aka thin), it's pushing time! Weeks before that, though, doctors routinely perform a cervical exam to see how dilated and effaced you are. This check, often done starting at 37 weeks, also reveals where your peanut is positioned in your womb, and whether he has descended or "dropped." While this intervention is common practice, it can be uncomfortable, and many practitioners now say it's optional.

### HOW IT'S DONE

In a routine cervical check, your doctor inserts two fingers to measure the number of centimeters you're dilated. It's not fun, but it's quick.

### WHAT IT DOES

Unless you're already huffing through contractions, the results don't matter, so you can skip out. "In labor, a check can be useful to tell that childbirth is progressing, but before

that, unless you're having frequent contractions—in which case we need to see if your cervix is changing, and if so get you to the hospital—a cervical check isn't necessary," says Elaine Keller-Duemig, C.N.M., a nurse-midwife at Central Park Midwifery in New York City. "These checks are just a data point doctors collect; it's an old-school practice that remains common, especially among older practitioners," says Jennifer Lincoln, M.D., an OB-GYN in Portland, Ore. "The check can't predict your due date or put you into labor."

### HOW TO TAKE A PASS

Your doctor may treat cervical checks as mandatory, but Lincoln and Keller-Duemig both note it's your right to refuse one. State calmly that you'd prefer not to have a check performed until you're in labor and it's expressly necessary, Keller-Duemig advises. And if you get pushback? "Question—respectfully—the reason for the exam," she says. Most likely, your provider won't have a good answer. Touché!

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THE SECRET  
TO A PRIMO  
PREGNANCY GLOW:  
THE RIGHT SKIN-  
CARE ROUTINE

# two weeks to beautiful SKIN

When you learned you were pregnant, you imagined yourself rocking your growing bump with a practically celestial glow. Now, weeks (or months) down the line, you may find your skin is actually puffy, blotchy or broken out. Don't stress, mama! We grilled a group of pros to develop one-day-at-a-time strategies to rescue your complexion without harming your baby. The countdown to stunning skin starts now.

BY ERICA METZGER

## SKIN BOTHER

### redness and flakes

*Is your complexion dry and irritated? Your immune system changes during pregnancy, and your skin can get inflamed and flare up.*

**DAYS 1 TO 2** You don't want to strip your sensitive skin, so keep cleansing to a minimum. Splash your face with water in the a.m., and use a cleansing oil with safflower or avocado seed to remove makeup and dirt

before bed. Massage the oil over dry skin, then rinse. We like **Origins Clean Energy Gentle Cleansing Oil** (\$29, [origins.com](http://origins.com)).

**DAYS 3 TO 6** Give your cleansing brush a mini-maternity leave—irritated skin needs to be soothed, not buffed. Use a dab of coconut oil, like **JĀSŌN Smoothing Coconut Oil** (\$11, drugstores), to pamper rough patches for a few days.

**DAY 7** Now that your flaky spots have cleared, swap coconut oil for a fragrance-

free cream with ceramides (which deeply hydrate skin). Apply it twice a day after cleansing. We like **First Aid Beauty Ultra Repair Cream** (\$30, [sephora.com](http://sephora.com)).

**DAYS 8 TO 9** Eat a salad with Brussels sprouts or add wild salmon to your pasta. Fruits, veggies and foods packed with omega-3 fatty acids have repairing benefits for your skin.

**DAYS 10 TO 12** When the air around you is dry, it sucks up moisture from your skin. Make your home more skin-friendly by sleeping with a

humidifier on for at least a couple of nights.

**DAY 13** Got five minutes? Pamper your skin with a hydrating mask. Look for calming calendula or chamomile. Try **June Jacobs Redness Diffusing Masque** (\$56, [junejacobs.com](http://junejacobs.com)).

**DAY 14** If your face is still flushed, makeup with yellow undertones evens out a ruddy complexion. Smooth a concealer, like **100% Pure Fruit Pigmented Brightening Concealer-Corrector** (\$19, [100percentpure.com](http://100percentpure.com)), over the red areas.



## SKIN BOTHER

### dark spots

*The splotches on your upper lip, cheeks and forehead—known as melasma or “the mask of pregnancy”—are due to escalating hormones.*

**DAY 1** Find a mineral SPF 30 you'll want to use every day, since UV rays make dark spots way worse. Stick to mom-to-be-safe zinc oxide and titanium dioxide. We like **Neutrogena Sensitive Skin Sunscreen Lotion Broad Spectrum SPF 60+** (\$10, drugstores).

**DAYS 2 TO 4** Scents can make your skin vulnerable to sun exposure, so switch to fragrance-free formulas. If you have acne-prone skin, pick a gel cleanser and oil-free lotion, like **Eau Thermale Avène Oil-Free Gel Cleanser** (\$25, [dermstore.com](http://dermstore.com)) and **Boscia Oil-Free Nightly Hydration** (\$36, [sephora.com](http://sephora.com)). If your skin is dry, choose a milky cleanser and a rich cream. Try **La Roche-Posay Toleriane Purifying Foaming Cream Cleanser** (\$24, drugstores) and **everclen Face Cream** (\$20, [everclen.com](http://everclen.com) for stores).

**DAYS 5 TO 12** Brightening hydroquinone and retinoid are off limits, but you can use a vitamin C treatment. Choose a serum in an airtight container, like **Kiehl's Powerful-Strength Line-Reducing Concentrate** (\$58, [kiehls.com](http://kiehls.com)). Apply the vitamin C every other night.

**DAY 13** It takes at least a month for vitamin C to fade spots. In the meantime, fake it till you make it with a liquid foundation, like **BareMinerals BareSkin Pure Brightening Serum Foundation Broad Spectrum SPF 20** (\$29, [bareescentuals](http://bareescentuals.com)

[.com](http://.com)). Apply a small dollop all over your face with a brush, then use a damp sponge to blend it.

**DAY 14** Start exfoliating to promote the production of healthy new cells. Once a week, replace your regular face wash with a cleanser with alpha hydroxy acids (like glycolic or lactic) or a facial scrub with rice grains or papaya enzymes. Try **Belli Anti-Blemish Facial Wash** (\$22, [belliskincare.com](http://belliskincare.com)) or **Alba Botanica Hawaiian Pore-Facting Papaya Enzyme Facial Mask** (\$14, [albabotanica.com](http://albabotanica.com)).

## SKIN BOTHER

### acne

*When you're preggo, hormone levels make sebaceous glands crank out more pore-clogging oil, so you can break out even if you've never had a pimple in your life!*

**DAY 1** Got any huge zits? Chill out ... literally. Place an ice cube on the pimples to

reduce inflammation. And we know it's tempting, but stop picking the bumps—that bad habit can spread bacteria and scar the skin.

**DAY 2** Ice made the pimples go down in size, but they didn't disappear. Now that they're not as big, a little camouflage will go a long way. Swipe a layer of powder foundation over your face, then pat a cream concealer

that matches your skin tone around the blemish—cover-up placed directly on top of a zit highlights the bump instead of hiding it. Try **Jane Iredale Amazing Base Loose Mineral Powder** (\$44, [janeiredale.com](http://janeiredale.com)) and **Tarte Cosmetics Amazonian Clay Waterproof 12-Hour Concealer** (\$22, [tarte.com](http://tarte.com)).

**DAYS 3 TO 7** Wash your face twice a day to prevent clogged pores. Avoid sulfur, salicylic acid and benzoyl peroxide. What can you use? Glycolic acid. We like **One Love Organics Apple a Day Brightening Facial Cleanser** (\$29, [oneloveorganics.com](http://oneloveorganics.com)). Use the acne-fighting formula in the a.m. and a cream wash, like gentle **NYR Organic Calendula Cleanser** (\$26, [us.nyrorganic.com](http://us.nyrorganic.com)), in the evening to prevent dryness.

**DAY 8** You may notice tightness from the glycolic acid. An oil-free lotion for combination skin keeps your complexion soft. Pick one with SPF (with titanium dioxide and zinc oxide only),

like **Juice Beauty SPF 30 Oil-Free Moisturizer** (\$29, [juicebeauty.com](http://juicebeauty.com)), and apply it every morning.

**DAYS 9 TO 12** To get rid of lingering bumps, you can now use a more concentrated form of glycolic acid. Replace your a.m. cleanser with your creamy rinse. Before bed, dab a toner with glycolic acid on zits to quickly deflate them. Try **Peter Thomas Roth Glycolic Acid 10 Percent Toning Complex Clarifying Toner** (\$40, [sephora.com](http://sephora.com)). Follow this routine for three days, then go back to the glycolic cleanser.

**DAY 13** Take a closer look at your diet! Saltines and pretzels calm a queasy tummy, but their simple carbs cause inflammation, which triggers breakouts. Choose whole-grain versions of the snacks.

**DAY 14** Keep your skin clear by degreasing throughout the day. Stash blotting papers in your bag for midday mop-ups. We like **e.l.f. Essential Shine Eraser** (\$1, [eyeslipsface.com](http://eyeslipsface.com)).



To bring down the size of a pimple, place an ice cube over it.



A few coats of mascara open up your eyes to counteract puffiness.

## SKIN BOTHER

### puffy eyes

*When you're retaining water and not getting enough sleep, it's no wonder your eyes look tired and swollen!*

**DAY 1** Take a shower as soon as you wake up and stick your face directly under the stream. The combo of standing upright and the

mini-massage from the water pressure encourages lymphatic drainage, moving excess fluids away from the under-eye area.

**DAY 2** It's tempting to drink less when a babe is pressing on your bladder, but you need to down eight 8-ounce glasses of liquid a day. If your body doesn't have enough H<sub>2</sub>O, it stores it, leading to swelling.

**DAYS 3 TO 5** A little lash definition can counteract the appearance of puffiness by lifting and opening up your eyes. Curl your lashes, smudge a soft brown liner along the lashline and finish with a couple of coats of black mascara only on top. We like **Buxom Hold the Line Eyeliner in Here's My Number** (\$17, sephora.com) and **Physicians Formula Organic Wear 100%**

**Natural Origin BB Bigger! Better! Lashes Mascara** (\$10, drugstores).

**DAY 6** Reduce your salt intake, since sodium contributes to swelling. Add flavorful herbs and spices to your dinner, so you only need a tiny pinch of salt. One quick, tasty recipe: Rub a fillet of salmon or cod with curry powder, ginger, garlic and olive oil then bake.

**DAYS 7 TO 10** Now that you've removed any probable cause for puffiness, it's time to deal with what's left of those bulging bags. Keep an arsenal of eye soothers in your fridge: an eye cream with caffeine to constrict blood vessels, plus under-eye gel patches with anti-inflammatories (like ginkgo and tea extracts) to shrink the bags. We like **Nuxe Nirvanesque Yeux Smoothing Eye Cream for Fine Lines** (\$32, nuxe.com) and **Skyn Iceland Hydro Cool Firming Eye Gels** (\$30 for eight, skyniceland.com). Apply one of these cool compresses whenever you have a few free minutes over the next three days.

**DAY 11** Try to go to bed at a decent hour to fend off fatigue-related bags. And sleep on an extra pillow—keeping your head elevated helps with drainage.

**DAYS 12 TO 14** To keep eyes puff-free, add a banana or potato to your daily diet. Chowing down on foods that are high in potassium could help prevent bloating. Unexpected bonus: This trick may also soothe your swollen tootsies. ♦

**THE EXPERTS** Sean Daneshmand, M.D., OB-GYN; Katey Denno, makeup artist; Debra Jaliman, M.D., dermatologist; Ellie Krieger, M.S., R.D., registered dietitian; Meghan O'Brien, M.D., dermatologist; Mally Roncal, makeup artist; Renée Rouleau, aesthetician; Jessica Wu, M.D., dermatologist







# GREAT TIMING, MAMA!

Those two blue lines can be a shock when you still have a kid in diapers—or still feel like a kid yourself. But no matter how your family is shaking out, it's going to be absolutely great. Ten stellar moms share why.

AS TOLD TO **ERIN CHAN DING**





FOR THREE YEARS, I thought our son, Chandler, would be it: an only child, like my husband and me. Then we spent a weekend in Las Vegas—without him.

The following spring, our daughter, Callie, was born. (So began a lifetime of predictable jokes from friends that, no, what happens in Vegas does not always stay in Vegas.) I had my worries: Could we manage two? And at almost four years apart, would Chandler and Callie enjoy spending time together?

That second anxiety disappeared the moment Chandler saw Callie for the first time. “Mommy, when can she play?” he asked. As we plunged once more into caring for a baby, I realized that just enough time had passed since Chandler’s protesting-toddler stage for us to cope with Callie’s overnight feedings and poop explosions. He was also old enough to help out, cheerfully bringing us diapers or toys when our hands were full.

Today, 1-year-old Callie trails her big brother everywhere. He stops her before she toddles someplace he deems unsafe, and he starts hide-and-seek games that end with both of them in chuckling fits. They live at this happy edge where he senses an impulse to protect her while also feeling close enough to relate to her.

Although our spacing was unplanned, I couldn’t be more grateful for how my family worked out. And the same is true for so many mothers in situations they never would have imagined: getting pregnant in their 40s, having kids extremely close together or far apart, choosing to conceive in vitro without a partner and more. No matter what stage of life you’re in as a mom-to-be, read on to hear exactly what you have to look forward to.

—ERIN CHAN DING



... WHEN YOU’RE IN YOUR

## early 20s

**“Having my son helped me focus on a career path.”**

➤ “I was still taking college classes when I found out my fiancé and I were pregnant. I never expected to have a baby at 21! But it ended up being a reality check of the best kind. I had been floating around figuring out what I wanted to do after graduation, and was wasting my time having way too much fun in my social life. After Jayden was born, I had someone looking up to me, and I wanted to be the best mom I could be. I got a job at a preschool to help support him, and ended up going back to school for a degree in education. Today, I’m a sixth-grade teacher and I love it—and it’s all because of this little person whom I was blessed with the opportunity to raise.”

—NATALIE PARKS, 32,  
ARLINGTON, TEXAS

**“My kids get to know their great-grandparents.”**

➤ “My husband and I got married and had our first baby right out of college, and had two more soon after that. To experience so much change—to my body, to my priorities, to my group of friends—all at

once was hard. But I’ve made friends with other moms whom I wouldn’t have met otherwise. Also, since my parents were young when they had me, I was blessed to grow up knowing my great-grandparents as

well as my grandparents, and now my own kids are getting that same experience. Hopefully if I’m lucky I’ll be around to play with my great-grandkids someday!”

—STACEY S., 30,  
JOHNSON CREEK, WIS.



... LESS THAN

## two years apart

**“My kids are closer than I ever could have imagined.”**

➤ “Thirteen months after I married my husband, we had our son, William. Thirteen months after that, we had—surprise!—our daughter, Stella. Since my period hadn’t come back yet after having William, I didn’t think conceiving so quickly was a possibility [for more on this surprisingly common situation, see “Baby Boomerang” in *Birth & Beyond*, p. 19]. Dealing with the double stroller, twice the diapers and two demanding feeding schedules was tough at first. But as with any challenge, you learn how to make it work. It’s been incredible to watch my kids grow up so close in age. They can look at the same books and watch



# relax! you're having a baby...

the same programs and both learn something from it, which is neat to see. They're also protective of each other. They operate as a unit in a way you don't see with kids who have a larger age gap."

—CADEN STOBART, 37,  
PELHAM, N.Y.

## "My husband and I learned how to be more laid-back."

➤ "I own a graphic design business with my husband, Gabriel, so there's plenty of work stress in our marriage on top of the typical things couples argue about. Having our first son was great for our relationship, but it was the chaos of having our second son just 22 months later that really put all of our stress into perspective. There are wonderful, peaceful moments with our kids—and then there are the moments our 2-year-old is naked and chasing the dog while our 2-month-old is making a mess of his diaper and the kitchen floor. When that happens, we could sit there and get even more stressed out, but what's the point? You pretty much have to giggle, which has helped us gain a new family motto: Laugh it off."

—MELISSA SILVERMAN, 32,  
MISSOULA, MONT.



... MORE THAN

## five years apart

"I now appreciate even the silliest phases my kids go through."

➤ "I have a daughter in college, a son in middle school and another son in preschool. Sometimes I think about how I'm going to spend 32 years of my life with kids under 18 in my home, and I'm like, *What was I thinking?!* But there are so many good things about it. For one, waiting a while to get pregnant again means better medical care each time. I was hospitalized with hyperemesis gravidarum—severe nausea and dehydration—every pregnancy, but the spacing between my kids meant the anti-nausea drugs were way more effective by the time my last child was born. More importantly, with every kid, I have more appreciation for the stages of childhood I once wanted to rush through. I realize how quickly they grow up, and I enjoy every part while I can. Benjamin, my youngest, recently started telling knock-knock jokes. When Megan, my oldest, was in that phase I thought, *Oh, this is the dumbest thing. Let's move on.* Now with Benjamin, all I think is, *Let's savor this. Let's keep it right here.*"

—AMANDA MORIN, 40,  
BANGOR, MAINE

"I no longer worry about being the 'perfect' mom."

➤ "With my first child, Zoe, I felt obligated to sign up every time the teacher needed someone to bring cupcakes to school, and to haul our whole family to every one of her swim meets. By the time I had my

second daughter nearly seven years later, I had gained the parenting experience to realize a lot of those things I worried about when Zoe was little didn't matter. I can be a good parent without baking for the

whole class. My husband and I can alternate going to games. We all have to give ourselves more permission to back off and not be worried about what other moms think."

—RACHELE MCGINTY-MOCK, 39, ATLANTA





## ... IN YOUR 40s

**"I don't panic about every little cough and crying fit."**

➤ "When I found out I was expecting my second son at 40, I fretted about the warnings that my newborn would be more likely to have health problems because of my age. But when Evan was born at 41 weeks with no issues, weighing in at more than 9 pounds, my fears vanished. And as I raised him, I discovered that the parenting worries I had experienced with my firstborn—like wondering if every little cry or a night where his sleep schedule was off meant something serious—were gone, too. Age has given me more confidence and a more relaxed perspective in all areas of my life, and that extends to parenting. Nothing Evan does stresses me out."

—LISA HAASE, 41,  
NOVI, MICH.

**"My daughter motivates me to be my best, healthiest self."**

➤ "I was 43 and coming to terms with the fact that I wasn't going to be a mom, when I got pregnant accidentally. I was stunned, but really excited. Sometimes I think about the fact I'll be in my 60s when Helen, my daughter, is in college. But if anything, that thought motivates me to eat well, exercise and stay healthy so I can be active and involved as she grows up. Being the 'older mom' keeps me young."

—TRACI GALLAGHER, 47,  
MILFORD, CONN.

# "I'll be in my 60s when my daughter is in college. That thought motivates me to eat well and stay healthy!"

## ... AS A single mom

**"I learned that even though I'm not in a relationship, I'm part of a loving community."**

➤ "I always assumed I'd have kids, but I wasn't going to settle for the wrong partner just to have a baby. Through intrauterine insemination, I had my son, Kai, and his sister, Kamina, from the same donor. As a single mom, the support network I've gained has been incredible. I've learned that if you reach out, people will help. Neighbors shoveled my driveway while I was pregnant, and a friend came with me to birthing classes. Now, I have a whole community of people eager to babysit, even if it's just so I can have a bath."

—SAMANTHA LUBKIN,  
42, STERLING, VA.

**"It's liberating to make all of the family decisions."**

➤ "I had my son last year through in vitro fertilization. I'm thankful for the help of my family and friends, but ultimately, as the solo parent, I can raise my

kid the way I want to raise him. If I were married, I would hope to be on the same page as my husband, but inevitably I'd have to make some

compromises. Not so with just me and my son. Plus, I don't have to deal with any judgment from others!"

—MICHELE R., 42,  
ALEXANDRIA, VA.

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## "DREAMING BIG STARTS WITH THE SMALL THINGS"

Jennifer Hudson on how letting kids make their own decisions does them a world of good

**"MY MOTHER** always taught us to dream big, and I want to instill that in my son, David. Dreaming big starts with the small things, like letting him decide what to wear. David loves to dress himself. He picks out his own clothes, he does his own hair and he chooses what shoes to put on. Expressing himself that way takes imagination and creativity. And then he'll look in the mirror and say, 'I look good.' That builds confidence—it triggers something special inside of him, and teaches him he can do whatever he puts his mind to. Being an artist, I know just how important that is.

As I gradually let David make more of his own decisions, I know I need to set a good example. Every year my family hosts a school-supply drive with the Julian D. King Gift Foundation\* to give back to the less fortunate kids in our hometown. At Christmas we do a toy drive. Today, I'm working with Johnson's More Hands More Hearts program to pack kits of their baby products to give to families all over the country. All of this helps David decide to give his own things away—he'll pack up his clothes or old toys to donate to other children. The earlier kids can start opting on their own to care for others, the better."

\*The Julian D. King Gift Foundation, founded by Hudson and her sister Julia in 2009 in honor of Hudson's late nephew and Julia's late son, helps Chicago children in need.



Jennifer Hudson packs baby-supply kits for charity. The singer's new album, *JHUD*, is on iTunes now. INSET: Hudson with partner David Otunga and son, David, 5.

## ARE YOU PREGNANT?

Turn the page over for the prenatal section of *Fit Pregnancy!*

Birth & Beyond

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EDITOR'S NOTE

# tuning in

**MY SON, MARLON**, is only 4 months old—months and months away from saying his first word—yet, **he usually has something to tell me**. I'll admit, though, I'm not always listening as well as I should. Take today, for example. I came home from work early before mass transit shut down for Winter Storm Juno. My husband, who'd been working from home and watching the kids, swiftly passed off Marlon, who had the dazed look of someone subjected to too many conference calls. The two big kids were asking for a snow day on speed: They wanted to watch a movie, play in the snow and sip hot cocoa. I sat down on the couch to nurse Marlon while answering an email on my phone, watching storm coverage, helping his older sibs find a movie on Netflix and doing a mental inventory of our cocoa situation. When Marlon grew cranky (despite the undivided attention, imagine that!), **I finally came to my senses** and took him upstairs, where I nursed him again in the darkness, sang a medley of my ridiculous Marlon songs ("Who's the cutest baby that I ever did see? His name is Marlon Norbury!" and "Marshmallow feet—they're so soft and sweet! Marshmallow feet—they're the feet I want to eat!") and rocked him while he slept on my shoulder for an hour. We came downstairs just before dinner, both feeling so much better than if I'd spent that time toggling between kids and concerns. **Marlon didn't give a hoot about work calls** or how many salt trucks had been deployed in the tri-state area—he just needed me and a break from the noise in our house. He was a peach for the rest of the night.

Some lessons you only need to learn once. For instance, if you take Baby to your boss's holiday party without a change of clothes, and she spits up all over herself as soon as you approach the door, and you find yourself apologizing for the sour milk stench and feeling sorry for both of you for the next two hours, you probably won't forget a change of clothes again. (Not my real name!) Other lessons I need to practice on a near daily basis, and one of those is wholeheartedly listening to my baby. Ironically, I find being completely present easier in those first few weeks together, when snuggling and nursing are all that's on the agenda. It's harder as **the demands of life and work** start pulling at you again, but it's crucial. Your child's bond with you is the basis for her happiness, as we drive home in "Have a Happy Baby" (p. 8). When your cutie is headed to Crankytown, **try to tune into her frequency**, rather than the clamor of those around you or the to-dos circling through your head. Making a mean hot cocoa is great, but one of the most important mom-skills of all is simply paying attention.

*Laura*

LAURA KALEHOFF  
EDITOR IN CHIEF





# pop rocks

You know you've got this parenting thing down, but guess what? So does Dad. Fathers have the same instincts you do, like cooing and smiling at Baby and comforting her when she cries. Problem is, mothers who show more preparedness for parenthood often don't give their partners a chance to share child care responsibilities—and may even discourage dads' involvement, a new study from Ohio State University suggests. So if you're feeling overwhelmed, check in with your man. Chances are, he wants to help!



## BACK IT UP

Do you know when to turn your car seat around? Almost 75 percent of parents turned their children's car seats to face forward before their tots turned 2 or before they exceeded height and weight limits for a rear-facing seat, according to a University of Michigan study. And nearly 25 percent of parents switched their child's seating before the kid even reached his or her first birthday. Once and for all: **The American Academy of Pediatrics recommends keeping Baby in a rear-facing seat until she turns 2.** Many parents about-face their babes earlier in order to see Junior while driving or because she seems big enough to face forward, but this puts her at risk for serious injury in the event of a crash. "A baby's neck bones and muscles are not strong enough to withstand whiplash if she's facing forward before age 2," says Michelle Macy, M.D., the study's lead author. If you're worried about your munchkin outgrowing her seat too quickly, look for one that has a hefty rear-facing limit, around 40 to 45 pounds.

# KALE CALLING

Introduce vegetables in small doses to your baby and he may crave them later on, according to research in *Appetite*. Adding a tiny amount of vegetable purée to formula or bottled breast milk after six months (when Baby is also starting solids) could shape your little one's taste preferences in favor of greens' flavor, says William Sears, M.D., author of *The Healthy Pregnancy Book*. Study authors believe this method helps babies adjust to veggies' bitterness. Green juice all around!



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## CRIB CAUTION

Your nursery should be a safe haven for your newest addition. But a whopping 55 percent of parents nationwide are putting their child at risk of sudden infant death syndrome (SIDS) by using soft bedding in the crib, according to a study in *Pediatrics*. Here's your guide to ensuring a safe sleep area.

**1 The only thing in the crib should be your baby,** says Michael Goodstein, M.D., a neonatologist in York, Pa. That means no pillows, blankets or stuffed toys—zilch!

**2 Make sure your mattress ends right where the crib begins,** Goodstein says. Any space between the two and your bub has

a chance of getting stuck in the crack. Eek!

**3 Bumpers be gone!** Goodstein notes that these pose serious suffocation and strangulation risks.

**4 Slats in the crib's sides should only be 2 3/8 inches apart,** so your baby is safely tucked away inside, Goodstein says.

Measure using a can of soda—if the can doesn't fit through the slats, you're good.

**5 Look for stationary crib sides.** Goodstein notes that drop rails are a no-no—and illegal—because they wear out easily and your little one risks getting his head stuck between the rail and crib. Safe dreams!

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At 8 months, Baby's old enough to chow down on ultra-healthy ancient grains.

## go with the grain

It may be a while before he can say “quinoa,” but your growing bambino can still reap the benefits of a diet rich in ancient grains, says Frances Largeman-Roth, R.D.N., author of *Eating in Color: Delicious, Healthy Recipes for You and Your Family* (check her out on our *Birth & Beyond* cover, where she's pictured with daughter Phoebe). Choices like barley, millet and quinoa deliver fiber, protein and B vitamins that help boost Baby's immune system; amaranth even has calcium for healthy bones. Try two simple whole-grain blends bursting with fruit, created by Largeman-Roth for Phoebe, now 10 months old.

### Strawberry-Barley Mash

(AGES 8 MONTHS AND UP)  
MAKES 3 TO 6 BABY-SIZE PORTIONS

“This recipe does double-duty—use 1 cup of cooked barley for the mash, and save the other 2 for an adults-only meal after your little one has gone to bed.”

- 1 cup uncooked pearl barley, rinsed
- 1 cup strawberries, rinsed
- 1 to 2 tablespoons breast milk or formula

1. In a medium saucepan, combine barley with 2¾ cups water and bring to a boil.

Reduce heat to medium-low and simmer, uncovered, for 40 minutes, until tender but chewy. Drain off any excess water. (Makes 3 cups barley; freeze leftovers in an airtight container for up to 3 months.)

2. In a heavy-duty blender or food processor, combine 2 tablespoons water with 1 cup cooked barley. Process until mixture is fluffy and has an oatmeal-like consistency.

3. Purée strawberries in a food processor until smooth.

4. Place 2 to 4 tablespoons fluffy barley in the bottom of a serving cup and stir in enough formula or breast milk to moisten mixture (it will look like cooked oatmeal). Top with 2 tablespoons strawberry purée. Serve at room temperature or slightly warm; test temperature before serving.

### Mango Quinoa Pudding with Apricot Topping

(AGES 8 MONTHS AND UP)  
MAKES 4 TO 8 BABY-SIZE PORTIONS

“The protein in quinoa helps give your baby strong teeth. Plus, mangoes and apricots are high in vitamin A, which can protect against infections.”

- ½ cup rinsed quinoa
- 1 ripe mango, peeled, pitted and cubed
- 4 apricots, pitted and halved (substitute canned, if desired)

1. Bring 1 cup water to a boil; add quinoa. Stir, reduce heat to a simmer and cook for 12 to 15 minutes, until water is absorbed. Transfer to a bowl.

2. Place mango in a food processor and process until smooth; if needed, add a few tablespoons of water. Stir the purée into the quinoa.

3. Using the same food processor bowl, process the apricots until smooth.

4. To serve, place ¾ cup of the mango-quinoa mixture into a serving bowl and spoon a dollop of the apricot purée on top.

Babies typically eat 2 to 4 tablespoons of baby food per meal. Cover and refrigerate leftovers for up to 4 days, or freeze the grains and purées in separate ice cube trays, pop squares in a storage bag and stow in the freezer. Thaw a portion in the microwave for 10 seconds, then stir and check the temp before serving.



# Lunchtime. Nailed it.

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# HAVE A happy baby

As a new mom, of course you want your cutie to be content. Exactly *how* to achieve that can seem elusive and complicated. Well, it's actually a lot simpler than you think.

BY **JACQUELINE NOCHISAKI**

**STEPHANIE SCHARES** readied herself for an exhaustive Battle of the Tears when her baby girl, Ruby, launched into *another* middle-of-the-night cry fest. “But as I picked her up, she stopped crying right away and curled her tiny arms around my neck,” Schares says. “Normally when I pick her up I have an agenda, but this time I went in with the simple intention of giving her a little love.” Schares’ quick calm-down may sound thoughtlessly simple or like a lucky fluke, but researchers say not so. “Connection is one of our basic needs—and babies are certainly no exception,” says Joanne Baum, Ph.D., author of *Got the Baby, Where’s the Manual?* “Without it, they don’t feel safe.” When your wee one feels

insecure, he gets stressed and panicked, which can wreak havoc at every level—emotionally, behaviorally and psychologically, Baum says. But unlike adults, who can meet up with a BFF or text a confidante when they’re feeling low to get back that oh-so-good feeling of togetherness, babies are born at a slight disadvantage.

In the womb, your sweetie was used to the warm utopia of constant attachment to you. She never felt alone or hungry, and her soundtrack was your right-on-rhythm heartbeat. Suddenly, she’s in the big world, searching for that deep bond she’s had with you for the last nine months. Not only has that connection between you been disrupted, but her brain can’t fully understand how to get it



back. That's because when a baby is born, her brain's limbic system, the hub that controls bonding and forms attachments, is not yet switched on. Snuggles, smiles and eye contact—what scientists call “bonding cues”—work like an activation code, flicking on the limbic system so Baby can down-regulate stress. In a study published in *Current Directions in Psychological Science*, researchers found that a child's ability to trust and love starts during babyhood. In other words, to have a well-adjusted, happy baby, you need to love her up.

But first, let's get real: Even happy babies cry. Sometimes Peewee may just be tired, hungry, gassy or just plain grumpy (you've been there), and wrapping him in a squeeze won't instantly send him into a state of serenity. But building a deep bond that lets Baby feel connected to you will stimulate healthy brain development, set his status quo to contentment most of the time and help him calm down more readily. “When Mom is there for her child, providing protection, safety and love, Baby will thrive,” says Terry Levy, Ph.D., co-director of the Evergreen Psychotherapy Center and Attachment Treatment & Training Institute in Colorado and co-author of *Healing Parents: Helping Wounded Children Learn to Trust & Love*. Some cheery news: So many opportunities naturally occur throughout the day for you and your little one to connect. Here's how to tap into them for fewer tears and more smiles.

## GET TOUCHY FEELY

When Christina Hon was resting in the hospital with her son, Reed, a nurse moved him to a bassinet. “He woke up instantly and screamed until he was back on my stomach,” Hon says. “He just wanted to be on me.” A newborn's brain is not developed enough to understand that he hasn't been abandoned when he's separated from you, Levy says. You need to harness the power of touch so your little guy feels connected to you. “Skin-to-skin contact floods Baby's brain with feel-good chemicals,” says Anne Zachry, Ph.D., a child development specialist in Memphis,

Tenn. and author of *Retro Baby*. “The combination of warmth, your scent and the release of anti-stress hormones promotes a feeling of safety—the ideal state for bonding.” Hold your little sack of potatoes skin-to-skin as often as you can, aiming for every two to three hours each day during those first three to four months, suggests Tanya Remer Altmann, M.D., a pediatrician in Westlake Village, Calif. As your cuddlebug grows, continue physical contact by doling out plenty of kisses and snuggles. You can also try giving him a massage as you dry him off after a bath. Using light pressure, rub his back and stroke his arms and legs, Baum says.

## SAY YES TO ROUTINES

Familiar habits alleviate your sweetie's anxiety, so her limbic system can register the feeling of pure contentment. “Routines are reassuring to Baby,” Baum says. Predictable day-to-day rhythms and action plans for when she fusses reinforce to her that you will feed her when she's hungry and rock her when she's tired. Plus, you can combine a recurring agenda with the ultimate bonding trifecta: a hushed voice, mutual gaze and gentle touch, Levy says. Try building a bedtime routine before she settles in for her longest stretch of the night: Change her diaper, feed her and sing her a song. Keep the lights low and your voice soft. But repeat after us: If you occasionally miss bedtime, it's not a problem. It's sensitive, consistent care over time that builds an ironclad bond and a super-smiley peanut.

## don't leave dad out!

Share this article with your guy and give him time with Baby, too. Attachment to dad benefits your little love cognitively and socially, researchers at Yale University found. “Fathers tend to interact differently with their babies from moms,” Levy says. “Their play is more active and physically challenging.” And in the long run, children who have close relationships with their dads have greater self-confidence.





### MAKE TIME TO PLAY

Don't just plop your bub in a bouncy seat—get in on the fun. “Play is a primary way that babies and their caregivers build a bond and get the limbic system going,” Levy says. “When you carouse with your baby, you’re learning about your child’s needs and abilities just by observing and interacting. All the while, you’re conveying love and support with your eyes, voice and physical touch, which are triggers of attachment.” Whether your tot is enjoying tummy time or playing with blocks, get down on the floor so you have direct face-to-face contact. “A mutual gaze and visual connection increase endorphins, the positive

hormones related to calmness and love,” Altmann says. And get silly by making goofy faces or noises. Hilary De Jesso’s son, William, loves it. “I can see he’s engaged and so responsive when we play,” she says. Levy also suggests a game of copycat. “If Baby makes a gesture or sound, Mom imitates,” he says. “This give and take facilitates your bond while easing his stress.”

### GO INTO GAB SESSIONS

Your little pal has been tuning into your voice since before she was born, and hearing you speak assures her that you’re near. When you talk with your baby, you’re creating an interaction that’s

soothing and tranquil to her, which sets the stage for her to bask in that feeling of attachment because she doesn’t perceive any danger, Levy says. And your inclination to launch into baby speak? Babies respond to that high-pitched voice, Altmann adds. The signal that you’re there increases endorphins and checks stress hormones. So narrate everything. Tell your darling about the bath she’s going to have and how nice it will feel to be clean.

### RESPOND TO YOUR BABY

“Coming to your bub’s rescue when he’s upset only strengthens your connection,” Zachry says. “Your baby learns that

you’re tuned into him and there to respond whenever he needs you.” Offering him a boob even if he ate an hour ago teaches him the world is a good place to be. When your cutie’s inconsolable (and the wailing doesn’t seem to stem from a basic need, like hunger or sleepiness), tap into those tried-and-true connection cues like making eye contact or using gentle touch. All of these keep Baby’s brain ripe to remember that “when he’s upset, you work to soothe him,” Baum says. “He feels understood on a basic level and can sense you’re focused on him. That’s satisfying for Baby.” One last reassurance: If you can’t get to your crying babe pronto (say, you’re mid-shave), fear not. The bond you’ve been building doesn’t easily dissolve.

### MAKE A POINT TO BE PRESENT

Remember when you met your girlfriend for your first dinner out post-baby, and she was texting between courses? Yeah, that sort of distracted attention agitates your babe, too. If you want to build a connection (no high-speed internet involved), you need to be emotionally present with your lovebug. We get it—your email won’t answer itself, and you’ve got diapers to buy online. So focus on quality. When you walk in from work, drop your device in a basket at the door for at least 20 minutes, and ideally through the bedtime routine, Altmann recommends. You’re now entering your happy place. ♦

**“A mutual gaze and visual connection increase endorphins, the positive hormones related to calmness and love.”**



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Change baby in a setting that's not too hot or cold. Baby's skin is extra sensitive, especially to temperature changes. Keep the room your changing baby in at a comfortable temperature for baby.

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You want what's best for baby so pick products baby will love. Use soft and strong Pampers Sensitive® Wipes for baby's delicate newborn skin. They help maintain baby's natural skin balance while they gently clean and are the #1 choice of hospitals.\*



**5 Add a Special Touch**

After changing, treat your little one to the power of touch. Adding a gentle mini-massage to your changing routine will soothe and relax baby.

Available at  
**Walmart** 

\*based on sales data

[Walmart.com/wipes](https://www.walmart.com/wipes)



# Creating a new culture of nourishment for mother & baby

*Discover the benefits of whole-food cultured multivitamins*



Before you conceive, throughout your pregnancy, and during baby's first year, you're mindful about nourishing yourself and your baby. And when it comes to multivitamins, many women ask questions like *Is it organic? Is it Non-GMO?* Both are important. But perhaps another important question to ask is *Is it cultured?*

## THE WHOLE-FOOD CULTURING TRADITION

For thousands of years, societies around the world have been culturing foods with beneficial probiotic bacteria to create gentle, highly nutritious products like yogurt, kombucha and miso.

By embracing the ancient culturing process, one supplement maker — New Chapter® — has transformed the multivitamin into whole-food cultured nutrition created especially for a woman's prenatal and postnatal needs.

## GENTLE ON YOUR STOMACH

Culturing creates a multivitamin that is gentle enough to take anytime, even on an empty stomach.

## CULTURED FOR EACH LIFE STAGE

### Prenatal



New Chapter's Perfect Prenatal™ is formulated with whole-food cultured B vitamins to help your body naturally produce energy, plus iron to nourish your growing baby and a targeted blend of nutrients to support a healthy pregnancy and fetal development.

### Postnatal



Your body has special nutritional needs after baby is born. New Chapter's Perfect Postnatal™ delivers whole-food cultured iron and folate plus a complementary blend of botanicals traditionally used by breastfeeding women, including turmeric and chamomile.



TO DISCOVER MORE ABOUT NEW CHAPTER WHOLE-FOOD CULTURED MULTIVITAMINS, VISIT [NEWCHAPTER.COM/MOMS](http://NEWCHAPTER.COM/MOMS)

Certified



\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





# Discover a whole New Chapter in postnatal multivitamins.

CULTURED WITH WHOLE FOODS AND BENEFICIAL PROBIOTICS

*Organic Kelp  
from Scotland*



We go to great lengths to source Earth's best ingredients for new and nursing moms, from iodine-rich organic Scottish kelp, Egyptian chamomile and fermented oats to lacto-supportive nutrients like Vitamin B6, Vitamin D3 and iron. Then we culture them with beneficial probiotics to create nourishment that's gentle to take, even on an empty stomach. Discover the whole story at [newchapter.com](http://newchapter.com)

  
**NEWCHAPTER.**  
nourishment from earth

\* These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

**NEW**



Multivitamins | Fish Oil | Calcium | Herbs





pretty  
mama

The secret to looking well-rested: a few dabs of highlighter

#### BEAUTY CLASS

## even better

When you have just a few minutes to cover dark circles (thank you, middle-of-the-night feedings) and hide a hormonal breakout or two, follow these speedy tips for faking perfect skin from Ashunta Sheriff, a makeup artist with Mary Kay.

**1** Start by hiding rough texture with a clear, silicone-based primer. The slick ingredient (look for dimethicone on the label) sits on top of skin, creating a smooth surface that helps foundation glide on easily, plus it fills fine lines. If you're breastfeeding, watch out for retinol (or retinyl palmitate), which is sometimes included in primer for its anti-aging benefits, but is not safe for nursing moms.

**TRY** **Amazing Cosmetics Line Smoother + Primer** (\$35, sephora.com)

**2** Use a brush to apply a cream foundation, starting from your nose and sweeping outward. Then, with a small flat brush, tap a layer of cream concealer only on trouble spots. Choose a skin-tone formula to camouflage pimples, dark spots and acne scars, and an orange-tinted one to cover under-eye circles.

**TRY** **L'Oréal Paris Infallible Pro-Matte Foundation** (\$13, drugstores), **Nars Concealer** (\$24, narscosmetics.com) for pimples and **Jane Iredale Enlighten Concealer** (\$29, janeiredale.com) for circles

**3** A swipe of a liquid highlighter on the areas where your face naturally catches light brightens your complexion and fakes a full night of sleep. Pick a slightly shimmery illuminator in a pen applicator in the same tone as your skin. Sweep a dab on the bridge of your nose, cheekbones, brow bones, chin and Cupid's bow then blend with your fingertips. You're ready to go!

**TRY** **Elizabeth Arden Flawless Finish Correcting and Highlighting Perfector** (\$28, elizabetharden.com)

## WISE BUYS ROCK FULL, BOUNCY HAIR

After nine months of flaunting a thick and luscious mane worthy of supermodels' envy, you're struggling with post-delivery shedding. We can help! These three new products give your locks the boost they need to grow in volume.



The **Illumi Vital Balancing Hair & Scalp Shampoo** is free of silicones and sulfates, which tend to weigh hair down. Instead, a proprietary surfactant blend cleanses without leaving residue. (\$32, illumi.com)



Strengthening lentil seed extract in the paraben-free **Davines Essential Melu Hair Shield** repairs damaged hair and fends off breakage, which can make your mop appear lank. Spritz on the heat protector pre-blowout. (\$34, davines.com)



Apply a dollop of the **Ken Paves You Are Beautiful Volumizing Whip** on damp roots to plump up strands and lend them texture. Sunflower seed oil and linoleic acid prevent the mousse from making hair crunchy. (\$16, walmart.com)

## BORROW IT FROM BABY

### WELEDA WHITE MALLOW DIAPER RASH CREAM

This heavy-duty soothing lotion uses zinc oxide and organic white mallow extract and coconut oil to moisturize sensitive skin. It works on dry patches on your face and body, too. You'll love it so much, your bambino might not get it back! (\$15, weleda.com)



GO.SUGIMOTO/THELICENSINGPROJECT.COM

**TOTAL TIME: 7 minutes**...or how long it takes your guy to put Baby in the car

# MAYBE IT'S TIME TO BREAK UP ◁ With Your Current ▷ BIRTH CONTROL

AND ASK ABOUT THE 100% HORMONE-FREE,  
MORE THAN 99% EFFECTIVE PARAGARD®  
(INTRAUTERINE COPPER CONTRACEPTIVE) IUD.

**DID YOU KNOW BIRTH CONTROL CAN BE HIGHLY EFFECTIVE WITHOUT ANY HORMONES?** PARAGARD® is the only IUD that's 100% hormone free and lasts up to 10 years. It can be placed during a routine office visit and removed at any time. There are no daily routines or refill hassles, just a simple monthly string check.

If you've tried other birth control methods that just aren't working for you, maybe it's time to talk to your healthcare provider about PARAGARD®.

Under the Affordable Care Act (ACA), PARAGARD® may now be available to insured women without a co-pay or other out-of-pocket costs. Check with your insurance provider.

PARAGARD® is indicated for intrauterine contraception for up to 10 years.

## IMPORTANT SAFETY INFORMATION

Do not use PARAGARD® if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease. If you have persistent pelvic or stomach pain, or if PARAGARD® comes out, tell your healthcare provider. If it comes out, use back-up birth control. Occasionally, PARAGARD® may attach to or in rare cases may go through the uterine wall and may also cause other problems. In some cases, surgical removal may be necessary. Although uncommon, pregnancy while using PARAGARD® can be life threatening and may result in loss of pregnancy or fertility. Bleeding or spotting may increase at first but should decrease in 2 to 3 months. **PARAGARD® does not protect against HIV or STDs.**

You are encouraged to report negative side effects of prescription drugs to the FDA at [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Please see the following page for a brief summary of Prescribing Information.

**PARAGARD®** 73804  
intrauterine copper contraceptive

Ask your doctor if PARAGARD® is right for you.  
Visit [PARAGARD.com](http://PARAGARD.com) or call 1-877-PARAGARD (727-2427).

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## Brief Summary (See package brochure for full prescribing information) Rx Only

**ParaGard® T 380A Intrauterine Copper Contraceptive is used to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.**

### What is ParaGard®?

ParaGard® (intrauterine copper contraceptive) is a copper-releasing device that is placed in your uterus to prevent pregnancy for up to 10 years. ParaGard® is made of white plastic in the shape of a "T." Copper is wrapped around the stem and arms of the "T". Two white threads are attached to the stem of the "T". The threads are the only part of ParaGard® that you can feel when ParaGard® is in your uterus. ParaGard® and its components do not contain latex.

### How long can I keep ParaGard® in place?

You can keep ParaGard® in your uterus for up to 10 years. After 10 years, you should have ParaGard® removed by your healthcare provider. If you wish and if it is still right for you, you may get a new ParaGard® during the same visit.

### What if I change my mind and want to become pregnant?

Your healthcare provider can remove ParaGard® at any time. After discontinuation of ParaGard®, its contraceptive effect is reversed.

### How does ParaGard® work?

Ideas about how ParaGard® works include preventing sperm from reaching the egg, preventing sperm from fertilizing the egg, and possibly preventing the egg from attaching (implanting) in the uterus. ParaGard® does not stop your ovaries from making an egg (ovulating) each month.

### How well does ParaGard® work?

Fewer than 1 in 100 women become pregnant each year while using ParaGard®.

### Who should not use ParaGard®?

You should not use ParaGard® if you: Might be pregnant, Have a uterus that is abnormally shaped inside, Have a pelvic infection called pelvic inflammatory disease (PID) or have current behavior that puts you at high risk of PID (for example, because you are having sex with several men, or your partner is having sex with other women), Have had an infection in your uterus after a pregnancy or abortion in the past 3 months, Have cancer of the uterus or cervix, Have unexplained bleeding from your vagina, Have an infection in your cervix, Have Wilson's disease (a disorder in how the body handles copper), Are allergic to anything in ParaGard®, Already have an intrauterine contraceptive in your uterus.

### How is ParaGard® placed in the uterus?

ParaGard® is placed in your uterus during an office visit. Your healthcare provider first examines you to find the position of your uterus. Next, he or she will cleanse your vagina and cervix, measure your uterus, and then slide a plastic tube containing ParaGard® into your uterus. The tube is removed, leaving ParaGard® inside your uterus. Two white threads extend into your vagina. The threads are trimmed so they are just long enough for you to feel with your fingers when doing a self-check. As ParaGard® goes in, you may feel cramping or pinching. Some women feel faint, nauseated, or dizzy for a few minutes afterwards. Your healthcare provider may ask you to lie down for a while and to get up slowly.

### How do I check that ParaGard® is in my uterus?

Visit your healthcare provider for a check-up about one month after placement to make sure ParaGard® is still in your uterus. You can also check to make sure that ParaGard® is still in your uterus by reaching up to the top of your vagina with clean fingers to feel the two threads. Do not pull on the threads. If you cannot feel the threads, ask your healthcare provider to check if ParaGard® is in the right place. If you can feel more of ParaGard® than just the threads, ParaGard® is *not* in the right place. If you can't see your healthcare provider right away, use an additional birth control method. If ParaGard® is in the wrong place, your chances of getting pregnant are increased. It is a good habit for you to check that ParaGard® is in place once a month. You may use tampons when you are using ParaGard®.

### What if I become pregnant while using ParaGard®?

If you think you are pregnant, contact your healthcare professional *right away*. If you are pregnant and ParaGard® is in your uterus, you may get a severe infection or shock, have a miscarriage or premature labor and delivery, or even die. Because of these risks, your healthcare provider will recommend that you have ParaGard® removed, even though removal may cause miscarriage.

## ParaGard® T 380A Intrauterine Copper Contraceptive

If you continue a pregnancy with ParaGard® in place, see your healthcare provider regularly. Contact your healthcare provider right away if you get fever, chills, cramping, pain, bleeding, flu-like symptoms, or an unusual, bad smelling vaginal discharge.

A pregnancy with ParaGard® in place has a greater than usual chance of being ectopic (outside your uterus). Ectopic pregnancy is an emergency that may require surgery. An ectopic pregnancy can cause internal bleeding, infertility, and death. Unusual vaginal bleeding or abdominal pain may be signs of an ectopic pregnancy.

Copper in ParaGard® does not seem to cause birth defects.

### What side effects can I expect with ParaGard®?

The most common side effects of ParaGard® are heavier, longer periods and spotting between periods; most of these side effects diminish after 2-3 months. However, if your menstrual flow continues to be heavy or long, or spotting continues, contact your healthcare provider. Infrequently, serious side effects may occur: *Pelvic inflammatory disease (PID)*: Uncommonly, ParaGard® and other IUDs are associated with PID. PID is an infection of the uterus, tubes, and nearby organs. PID is most likely to occur in the first 20 days after placement. You have a higher chance of getting PID if you or your partner have sex with more than one person. PID is treated with antibiotics. However, PID can cause serious problems such as infertility, ectopic pregnancy, and chronic pelvic pain. Rarely, PID may even cause death. More serious cases of PID require surgery or a hysterectomy (removal of the uterus). Contact your healthcare provider right away if you have any of the signs of PID: abdominal or pelvic pain, painful sex, unusual or bad smelling vaginal discharge, chills, heavy bleeding, or fever. *Difficult removals*: Occasionally ParaGard® may be hard to remove because it is stuck in the uterus. Surgery may sometimes be needed to remove ParaGard®. *Perforation*: Rarely, ParaGard® goes through the wall of the uterus, especially during placement. This is called perforation. If ParaGard® perforates the uterus, it should be removed. Surgery may be needed. Perforation can cause infection, scarring, or damage to other organs. If ParaGard® perforates the uterus, you are not protected from pregnancy. *Expulsion*: ParaGard® may partially or completely fall out of the uterus. This is called expulsion. Women who have never been pregnant may be more likely to expel ParaGard® than women who have been pregnant before. If you think that ParaGard® has partly or completely fallen out, use an additional birth control method, such as a condom and call your healthcare provider. You may have other side effects with ParaGard®. For example, you may have anemia (low blood count), backache, pain during sex, menstrual cramps, allergic reaction, vaginal infection, vaginal discharge, faintness, or pain. This is not a complete list of possible side effects. If you have questions about a side effect, check with your healthcare provider.

### When should I call my healthcare provider?

Call your healthcare provider if you have any concerns about ParaGard®. Be sure to call if you:

- Think you are pregnant
- Have pelvic pain or pain during sex
- Have unusual vaginal discharge or genital sores
- Have unexplained fever
- Might be exposed to sexually transmitted diseases (STDs)
- Cannot feel ParaGard®'s threads or can feel the threads are much longer
- Can feel any other part of the ParaGard® besides the threads
- Become HIV positive or your partner becomes HIV positive
- Have severe or prolonged vaginal bleeding
- Miss a menstrual period

### Where can I get more information about ParaGard®?

You can get more information at [www.ParaGard.com](http://www.ParaGard.com) or by calling 1-877-ParaGard (1-877-727-2427).



Teva Women's Health, Inc.  
A Subsidiary of Teva Pharmaceuticals USA, Inc.  
Sellersville, PA 18960

This brief summary is based on ParaGard® FDA-approved patient labeling, Iss. 6/2013.

PAR-40580



**SURPRISE! IT'S  
A BABY! BUT  
YOU JUST HAD  
YOUR FIRST...**

# BABY BOOMERANG

The unplanned pregnancies nobody's talking about

## CHRISTINE BURNS

remembers exactly what prompted her to take the pregnancy test that told her she was going to have a third baby. She was watching television one evening when a beach resort commercial inexplicably made her cry. "I remember telling my husband I was going to take

a pregnancy test, and he highly doubted it would be positive," she says. After all, Burns had a 5-month-old baby she was nursing, she hadn't gotten her period since his birth and she certainly wasn't trying to conceive. "I was pretty confident that the combination of being 37 years old and exclusively

breastfeeding would be sufficient contraception," she recalls. "Clearly, I was wrong." When she saw two purple lines on the stick, her head started spinning.

Although Burns is now thrilled beyond measure with her family, it took her time to come to terms with the surprising news. And believe it or not, her story is a common one. These days, unplanned pregnancies aren't the provenance of

low-income teen moms—they're happening to women of all income levels, classes, races and ages. Twenty-seven percent of women ages 30 to 44 have another child within 18 months of a previous birth, according to the National Survey of Family Growth. While those rapid-fire pregnancies aren't *all* unplanned, some certainly are, considering that 30 percent of second births (regardless of



spacing) are mistimed or accidental, according to the nonprofit National Campaign to Prevent Teen and Unplanned Pregnancy. "I just kept thinking, *How can I juggle three kids with two being so young?*" Burns says.

Having children back to back has ramifications beyond exhaustion: Research shows getting pregnant within 18 months of a prior birth can pose immediate health risks to you and your future baby, too. A mom who conceives again quickly is more likely to develop anemia and preeclampsia during pregnancy, and her baby is more likely to be born premature or at a low birth weight and is slightly more likely to die during infancy. "It generally takes your body 18 months to restore everything that you need for another pregnancy," says Keith Edelman, M.D., director of obstetrics at Mount Sinai Hospital in New York City.

For women who have had C-sections, waiting at least that long is especially beneficial. "It is very important for a uterine incision to heal before the uterus starts to stretch again with another baby," says Stephanie Teal, M.D., an OB-GYN at the University of Colorado Hospital in Aurora. Uterine rupture happens in less than 1 percent of all pregnancies, but it puts Baby's life at risk.

## WHY THIS IS HAPPENING

So how exactly are so many women, especially those who meticulously planned the arrival of their first babe, finding themselves unexpectedly expecting again?

One major reason: Most new moms are sexually active. A 2013 study reported that 41 percent of mothers have intercourse within six weeks of giving birth, and 78 percent have sex within 12 weeks. Yet many don't use contraception, either because they don't think they can get pregnant so quickly or because they haven't been counseled about it by their doctors.

Other women do use birth control, but not properly: The progestin-only "mini-pill," which is frequently prescribed to breastfeeding mothers, must be taken within a three-hour window each day to be effective—a requirement that can feel next to impossible when you're lucky if you even remember to shower.



CONDOMS:  
YOUR BEST  
FRIEND WHILE  
YOU'RE  
NURSING

"The first two years after delivery are especially hectic for moms," Teal says. "This means that the time when it's most important to delay the next pregnancy is also the time when it's least convenient to be worrying about birth control."

And it's not just the mamas who miss a dose that wind up with an unplanned bump. Even when the mini-pill is used properly, it's still not as effective as the regular version (which isn't recommended for nursing moms). Only 1 woman out of 1000 will get pregnant during the first year of taking the regular pill perfectly, whereas five times as many will get pregnant taking the mini-pill correctly.

Surprisingly, women who have had trouble conceiving in the past are especially at risk for an unplanned pregnancy. A 2013 study reported that 61 percent of subsequent pregnancies to women who had previously used assisted reproductive technologies were unplanned.

"I think those couples feel like it took so much effort the last time that they don't have to worry about getting pregnant again," Edelman says. Although no one knows exactly why, "once these couples get pregnant, it's sort of like 'priming the system,' and conceiving the next time can happen much more easily," he says.

## SCIENCE SAYS: NURSING ISN'T BIRTH CONTROL

Then there are many women, like Burns, who associate breastfeeding with built-in contraception. The reality is far from black

and white. After you've accomplished the marathon that was L&D, your body has to transform all over again. Among other things, you have to shed your old uterine lining and begin to produce breast milk. If you don't nurse, your body quickly realizes that it's off the feeding hook and starts to pour its resources into the possibility of creating another human. Shockingly, a non-breastfeeding mother can become pregnant within four weeks of a prior birth.

For nursing moms, the situation is more complicated. Breastfeeding does suppress the hormone that releases your eggs. Research suggests that a woman who exclusively breastfeeds her infant—meaning that she doesn't supplement with formula or solid food—and who hasn't gotten her period since the birth has only a 2 percent chance of getting pregnant in the first six months of her baby's life. Those are better odds than you get with a condom.

"But the kicker is that once a mom gets her period back, or starts supplementing with a little rice cereal or lets the baby sleep eight hours through the night without getting up to nurse, breastfeeding is no longer a reliable birth control method," Teal says. Plus, you can ovulate even before you get your first period back. "I see so many patients who are absolutely shocked when they have a positive pregnancy test with a 6- or 8-month-old at home," Teal says.

## REASONS TO PLAN AHEAD

Besides the immediate risks of anemia, low birth

weight or simply not giving your baby the nutrients he needs in the womb, “pregnancy depletes important nutrients like folate, which may not be sufficiently replenished when there isn’t adequate time between pregnancies,” says Aparna Sridhar, M.D., an OB-GYN at the David Geffen School of Medicine at UCLA and a contributor to Bedsider.org—there are more long-reaching reasons for mothers to wait at least

18 months before getting pregnant again. One 2013 study conducted by researchers at Columbia University and other institutions found that babies born to women who got pregnant within 11 months of a prior birth had nearly twice the odds of having a child who developed autism.

That said, some of the association between back-to-back pregnancies and health problems could stem

from other causes: Women who conceive quickly and frequently may be making other lifestyle choices that increase health risks, experts say.

Still, for some women, having kids close in age—intentionally or not—is nothing short of amazing. “My children caught up to each other quickly and have a special bond with their closest siblings,” says Lura Baker, who has two sets of two children born a year

apart. (For more tales of the emotional benefits of having kids close in age, turn over this issue and read “Great Timing, Mama!” in *Fit Pregnancy*, p. 96.) But to minimize potential health risks, you may want to take a break before conceiving your next child. It’s never too early to think about how you’d like your family to grow and talk to your doctor about making those dreams come true.

## post-baby birth control

There is no one-size-fits-all birth control method for new moms, but here’s a summary of your breastfeeding-safe postpartum options.

1

### Condoms and diaphragms

**Fair warning:** These are less effective than other methods. Within a year of use, 12 percent of women using diaphragms, 21 percent of women using female condoms and 18 percent of women whose partners use male condoms will get pregnant. If you used a diaphragm prepregnancy, you’ll need to be refitted by six weeks after delivery, because the shape and size of your cervix may change after childbirth.

2

### Intrauterine devices (IUDs)

Both the copper (such as ParaGard) and the hormone-releasing (such as Skyla) IUDs are safe for new moms. The progestin-releasing devices have become more popular because recent research has shown that they can be placed into the uterine cavity immediately after birth. “Some of the newer IUDs can even be placed into the uterus at the time of a C-section, yet will still be removable a few years later,” says Keith Edelman, M.D., director of obstetrics at Mount Sinai Hospital in New York City.

3

### Progestin-only pills (the “mini-pill”)

These pills generally *do* work—the catch is that they have to be taken during the same three-hour window each day, and they aren’t as effective as your pre-baby pill pack. Also, they can hamper milk production, so if you plan to use them, wait until your flow and nursing routine is well established—usually between two to six weeks after delivery, Edelman says.

4

### Implants

Birth control implants like Implanon are matchstick-size rods filled with a progestin hormone called etonogestrel that doctors place into the upper arm during a minor surgical procedure. They’re completely safe and can be inserted anytime after delivery, says Aparna Sridhar, M.D., an OB-GYN at the UCLA School of Medicine. They can also be easily removed when you want to get pregnant again.

5

### Birth control shots

These injections are quick and their effects can last up to 12 weeks. “They’re a great option for temporary or longer postpartum birth control,” Sridhar says.

6

### Surgical sterilization

“If you’re 100 percent positive you don’t want any more children, surgical sterilization can be performed immediately after delivery, Sridhar says. “It is very effective, as is a vasectomy for your partner.”

**ASK YOUR DOCTOR WHICH METHOD IS RIGHT FOR YOU.**





take care  
of you



## FEEL YOUR BEST POST-BABY

You've done the hardest part! Now that D-Day's in your rearview, here's what you can do to ease yourself back to peak form.

### THE WAY THE TABLOIDS

tell it, you have a baby and—poof!—you're back to the old you, plus a few pounds (and minus your pre-pregnancy vagina). What the headlines *don't*

mention: A long recovery process may lie ahead before you'll feel like you did pre-bump. Over the past nine months, your body has weathered fluctuating hormones, extra

weight and shifting posture, plus the awesome feat of childbirth. Together those stresses can lead to musculoskeletal and gynecological issues, which can be accompanied by pain, discomfort or numbness in the back, hips, pelvis or abdomen—and don't always vanish with your final push. For Eliana Nagrant of Chicago, the final few months of

pregnancy were pretty miserable, thanks to pelvic pain that left her nearly unable to walk without a cane and required frequent physical therapy. "I thought it would be a lot better after delivery," she recalls, "and that recovering from my C-section would be my biggest hurdle. But for weeks after our daughter was born, I still had to hike my right hip up when I walked to ease the pain." With some extra care, you don't have to suffer this way. Now that your bambino's on the scene, you deserve to just drink in her awesomeness, pain-free (and a nap would be nice, too). Learn what to look out for—and how to remedy your sore spots—so you can get back to hanging with your new BFF, stat.

### WHAT'S UP WITH YOUR ... **PELVIS?**

Pushing a softball out of a teacup-size opening is no easy accomplishment—and that's basically what happens as cartilage in the pelvis loosens to allow your babe to make his debut. (This grand opening comes courtesy of relaxin, the same hormone responsible for pregnancy heartburn and flattened feet.) When recovery proceeds smoothly, the hip bones slowly move back together within one to six months postpartum; but for up to a third of women, they stay separated in a condition called Symphysis Pubis Dysfunction (SPD). Symptoms include pelvic soreness and shooting pains a few inches below the navel, which typically appear during the third trimester (as Nagrant experienced) or postpartum. "I've had patients tell me they're barely able to walk after delivering," says physical therapist Jill Hoefs, owner of Body Align Physical Therapy in New York City.

TIM HETHERINGTON/GALLERY STOCK

**Feel-better fix** Hoefs frequently recommends that moms wear a sacroiliac belt, which cinches around the hips (not the waist like a belly band) over clothing, for 10 to 15 hours a day to provide stability and help bring the pelvis back together. She likes the Serola Sacroiliac Belt (\$38, [serolabelt.com](http://serolabelt.com)), but check with your doctor or physical therapist before ordering. You'll also want to work on proper body mechanics, such as safely getting in and out of cars, walking up steps and more; a physical therapist can offer tips if these types of daily activities cause discomfort. For instance, SPD sufferers may want to try taking the stairs sideways to avoid pain. (Visit the American Physical Therapy Association at [apta.org](http://apta.org) to find someone in your area; search for either "musculoskeletal" or "women's health.") Patients usually experience relief within six to eight weeks after treatment. OTC pain relievers like ibuprofen and acetaminophen may help, too.

#### WHAT'S UP WITH YOUR ... **BACK?**

Carrying an 8-pound bundle in your belly isn't exactly *good* for your posture. First, your pelvis tips backward and your back sways into an exaggerated S-curve in an attempt to compensate for your shifting center of gravity. Next, as your core-stabilizing abs stretch out over nine months, you recruit your back muscles for support, tiring them and prompting soreness. Most women assume their back pain will get better once their newborn arrives, but your posture doesn't automatically correct itself postpartum, Hoefs says. Many new moms tuck their butts under to compensate for a tilted pelvis, since

it offers a false sense of stability. The fallout: low back pain, which is likely to intensify as you begin lifting a 10- to 15-pound human kettlebell 50 times a day. **Feel-better fix** If your back pain is at least a 4 or 5 on a scale of 1 to 10 (1 being no pain), fails to improve by two to three weeks postpartum or doesn't respond to OTC pain meds, talk to your doctor about seeing a physical therapist, who can help retrain your core muscles. You can also try pelvic lifts at home to correct a tilted pelvis: Lying down with your knees bent, tighten your low back muscles, arching your lower back off the floor as much as possible. Relax and repeat for two sets of 20, once a

day. Applying a heating pad for 10 minutes in the evening, just before bedtime, can soothe overworked muscles, too. You should notice an improvement within a day or so.

#### WHAT'S UP WITH YOUR ... **BELLY?**

You're finished pushing, so why are you still seized by cramps? "Your uterus expanded to the size of a watermelon to hold the baby; now it has to shrink back down to the size of a fist," says Diana Ramos, M.D., M.P.H., an assistant clinical professor of obstetrics and gynecology at the Keck University of Southern California School of Medicine in Los Angeles. (Right after delivery, it's

already down to grapefruit-size, but it still has a ways to go.) Uterine contractions (or afterpains) resemble bad period cramps, but they have a purpose: to prevent excess bleeding. They're strongest in the first 72 hours and are more intense if you breastfeed. They typically worsen with each pregnancy, so brace yourself if this is Baby No. 2-plus. **Feel-better fix** Try to remember that the worst will be over in three days or so, although the whole process takes about six weeks. Treat the pain with ibuprofen (which is breastfeeding-compatible), a heating pad or whatever usually alleviates your menstrual cramps (just check with your





## take care of you

doctor before taking any medications).

### WHAT'S UP WITH YOUR ...

#### **HIPS & KNEES?**

A stress-relieving workout is often high on the list when you're feeling frazzled, but resist the urge to exercise before the recommended six weeks if you had a C-section, or until you get the all clear from your OB if you had a vaginal delivery. Hopping on the treadmill too soon can do a real number on your joints: "A major muscle called the transverse abdominis (TA) runs horizontally across your lower stomach, creating a ring of stability for your entire trunk," explains Jill Thein-Nissenbaum,

an assistant professor of physical therapy at the University of Wisconsin-Madison. As the TA stretches out during pregnancy, it goes into sleep mode, and can take up to a year to regain its prenatal strength.

"If you return to running too quickly, you could get hip or knee pain because your legs are moving off of an unstable base," Thein-Nissenbaum says.

**Feel-better fix** Before heading back to the gym, hit the floor to tone your transverse abdominis. Lying down with your knees bent and feet flat on the floor, place your first few fingers on your hip bones, then slide them slightly down and in towards your belly button. Pull your navel back toward your spine until you feel your abs tighten, and hold for five seconds. (Imagine sucking in your

tummy to squeeze into freshly laundered jeans.) Begin with five to 10 reps, six times a day. You can also try this move standing up. Eventually sucking in will become automatic, Thein-Nissenbaum says.

### WHAT'S UP WITH YOUR ...

#### **LEGS?**

One odd vestige of delivery: tingling legs. "The knees-to-ears laboring position puts a lot of stress on the nerves in the back and pelvis, especially in rare cases of first-time moms who push for over two hours delivering big babies," says Sheila Dugan, M.D., an associate professor of physical medicine and rehabilitation at Rush University Medical Center in Chicago who specializes in women's pelvic health. The result: the sensation that one or both of your legs has fallen asleep, 24/7. If this happens to you,

you'll notice it while you're still in the hospital, soon after any anesthesia you may have had in labor has worn off.

**Feel-better fix** Fortunately, it's temporary (phew!). Most numbness and tingling clears up naturally within a few weeks. If you have a particularly severe case, your doctor may have you see a PT before leaving the hospital. And just because it happens in one pregnancy doesn't mean it'll come back with the next, Dugan says. Alternating birth positions or simply stretching your legs between contractions can help next time around.

### WHAT'S UP WITH YOUR ...

#### **BONES?**

One of the many nutrients that you deliver to your precious in utero is calcium—especially during the last months, when your baby's bones are quickly hardening. Then, if you

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nurse, you can expect to lose up to 7 percent of your bone density as you give even more calcium to your baby, says Heidi J. Kalkwarf, Ph.D., R.D., professor of pediatrics at Cincinnati Children's Hospital Medical Center. Even though that deficit is quickly regained after weaning, Dugan says this bone loss can temporarily predispose a new mom to stress fractures, especially in the sacrum, pelvis and hips (the area that bears the brunt of your pregnancy weight gain and shifting posture). Were you carrying twins? The heavier load increases your risk.

**Feel-better fix** Head this one off at the pass by keeping up your calcium intake during pregnancy

and postpartum—aim for 1,000 milligrams daily (the total amount in 1 cup of low-fat yogurt, two 1-ounce cubes of cheddar cheese and 1 cup of calcium-fortified orange juice). Once Baby's arrived, doctor-OK'd workouts can help. If you were in the habit of lifting weights before getting pregnant, continuing your strength training program will go far in maintaining bone density. If you've never lifted, start a new routine very slowly; the relaxing courting through your bod can predispose you to joint injuries. And rest assured your fragility is temporary: Most pregnancy and nursing-induced bone loss reverses itself within six months after weaning. ♦

**Stretch it out** For gentle poses that ease your body back into its best shape, head to [fitpregnancy.com/aprilmay2015](http://fitpregnancy.com/aprilmay2015).

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**back to  
work**



# your part-time plan

You've scored a gig that doesn't require you to be in five days a week (hooray!), but realized it's not exactly what you expected (womp). These tips will help you take back control—and rock your new role.

**NEW MOM** Shelley Preston had it all planned out. After maternity leave, she'd head back to her job as a travel editor part-time—working three days in the office and spending the other four at home with her sweetpea, Thayer Dean. "I liked the idea of having flexibility," says the Orlando, Fla. mom. "I expected to do my 20 hours and then leave work behind." But between late nights during deadline weeks and training another staffer, Preston found the hours she negotiated with

her employer were turning into much more. "Work has taken over my life more than I expected," she says.

Preston isn't alone in prizing a part-time post only to be let down. According to a survey conducted by the Pew Research Center, nearly half of new moms think working part-time is the ideal situation. But it takes careful planning and good communication to make it work for both you and your boss. Here's how to turn your reduced-hours position into your dream job.

## PITFALL

If you're squeezing all the responsibilities of your old full-time position into a reduced schedule, you're being undercompensated, says Cali Williams Yost, a workplace strategist and author of *Work+Life: Finding the Fit That's Right for You*. Now that you're logging fewer hours and making less money, your workload needs to reflect that. "You're going to need to give something up—and

unfortunately it can't just be the part of your job that you hate, which can make co-workers resentful when they have to take it on," she says. Keep your No. 1 sales account, but pass along your second favorite.

Another option: Switch to an hourly rate, which makes it easier to know if you're being paid properly since you can keep track of your time on the clock. A salary can make calculating what's fair trickier. "Sadly, this is not standardized stuff, and it falls on the individual to talk with her human resources department and a lawyer," says Lindsey Pollack, a workplace expert and author of *Becoming the Boss*.

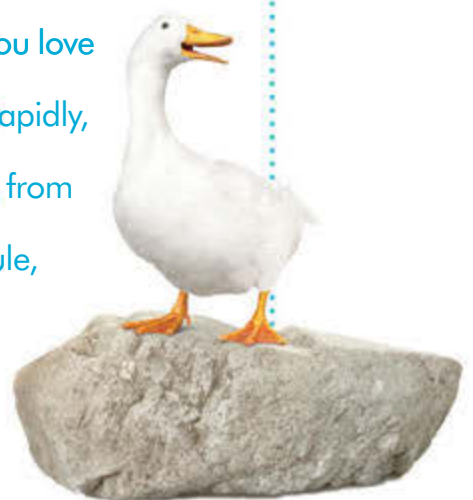


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And don't assume your full-time benefits will carry over to your modified schedule. "When it comes to compensation and benefits, every company has its own policy," says Mike Fish, senior vice president of product and strategy for The Hartford's Group Benefits. "Set up a meeting with HR to see what perks are offered to part-time employees." You may be entitled to life and disability insurance. Another option is to check for assistance offered through professional groups or credit unions. Healthcare.gov offers insurance plans.

## PITFALL STALLED CAREER

If you're worried about how to present your part-time stint, focus on your accomplishments. "Employers are interested in results," Pollack says. On your resume, list your title and responsibilities—only specifying that your role is part-time if you feel it's absolutely necessary. "Don't make your experience seem any less important or relevant than full-time work," she says.

As for getting promoted in your current role: Showing your boss there's no downside to your part-time schedule will keep you in the running for big projects and better titles. Offer solutions for handling your team's new workflow now that you're switching to different hours, and suggest sending your boss a weekly status report so she can see the results of your efforts.

## PITFALL INHERITING ALL THE HOUSEWORK

Because you're logging less time at work, you may feel

like you have to handle the lion's share of the laundry and cleaning. "Most women feel like they have to be Superwoman and do everything for everyone, but that's not reality," says Gail Saltz, M.D., a clinical associate professor of psychiatry at New York-Presbyterian Hospital Weill Cornell Medical College.

Make a list of all the chores related to your baby and home life—laundry, day care pickup and drop-off, grocery shopping—then divide them up with your partner according to each of your strengths, says Julie Morgenstern, a professional organizer and author of *Organizing from the Inside Out*. It might help to create a shared Google calendar, so it's clear who has which tasks on what day. Sit down together with a glass of wine on Sunday night after bub's in bed and go through your week to make sure you're on the same page, she says.

## PITFALL CLOCKING MORE HOURS THAN YOU AGREED TO

Technology makes it possible to work from anywhere, so it's no surprise that multitasking



mamas are hopping on conference calls during their morning stroller walks. "Avoid getting pulled in too many directions by setting strict boundaries," Pollack advises. Once you firm up your schedule with your supervisor, relay it to your colleagues, put it in the signature of your email as a reminder—and stick to it! "People will push your limits, but you need to be comfortable politely declining their requests and offering another solution," Pollack says. Your cubicle buddy wants to confab at 5:30 p.m.? Suggest you both buzz into the office 10 minutes early the next day—you'll bring the coffee.

All that said, late nights and deadlines will come up that require you to log some extra office time. Truth: It's the same for your full-time counterparts, too. Occasionally, you'll need to

make exceptions for special projects. If you work in an environment where this happens frequently, pre-negotiate how you'll swap days (for example, if you work a Thursday you're not supposed to, you'll take Friday off); but if it's a rare occurrence, consider taking one for the team as a show of dedication, Pollack says.

As for that nagging feeling that you need to monitor emails on your days off? Let's get real—everyone checks email more than they should, Pollack says. That's a modern-day-always-connected-to-my-phone problem, not just a part-time-gig problem. Just be diligent about how much time you devote to it—say, a half hour during Peewee's afternoon nap. Do whatever feels right to you, but remember: It's OK to silence your phone and have a ping-free baby yoga class. ♦

## be a power mom!

Transition smoothly back to the office, regardless of how many hours you spend at work, with these tips.

**1 Vet a veteran** Grab coffee with a mom in your office who has older kids and ask about her experience coming back to work after giving birth.

**2 Talk to human resources** Companies set their own policies when it comes to part-time work, so do your homework before advocating for your new pay and hours. (Most

businesses define part-time as anything less than 35 hours.)

**3 Reset your long-term career goals** Motherhood brings a whole new set of priorities into play—like the delightful babe in your arms! Look at your five-year plan, and decide what job and money objectives still make sense and what might need to be finessed.



Dr. Maurie Markman, MD  
Medical Oncologist

# WHEN YOU DON'T KNOW WHAT TO SAY, STAND UP.

When someone you love is diagnosed with cancer, you have the power to help. There are many ways you can stand up and show that you care.

**THEY TALK, YOU LISTEN.** One of the most helpful and important things you can do is listen—without judgment and resisting the urge to give advice.

**DON'T ASK, DO TELL.** Instead of waiting to be asked for help when it is needed, be specific about what you can do and when, such as: prepare a meal, babysit, pick up groceries, help with pets, or provide rides to and from appointments.

**LIVE AND LEARN.** Educate yourself about your loved one's diagnosis and treatment. When you understand what a cancer patient is going through, you're better able to help keep information clear, track questions, and know how you can be most useful.

**STAY CONNECTED.** After the initial diagnosis, people tend to drift away. Be someone to count on for the long haul. Check in, send a quick note, or drop off a book. Small gestures go a long way.

**Visit [ShowThatYouCare.org](http://ShowThatYouCare.org) to learn more about how you can stand up for someone you love.**

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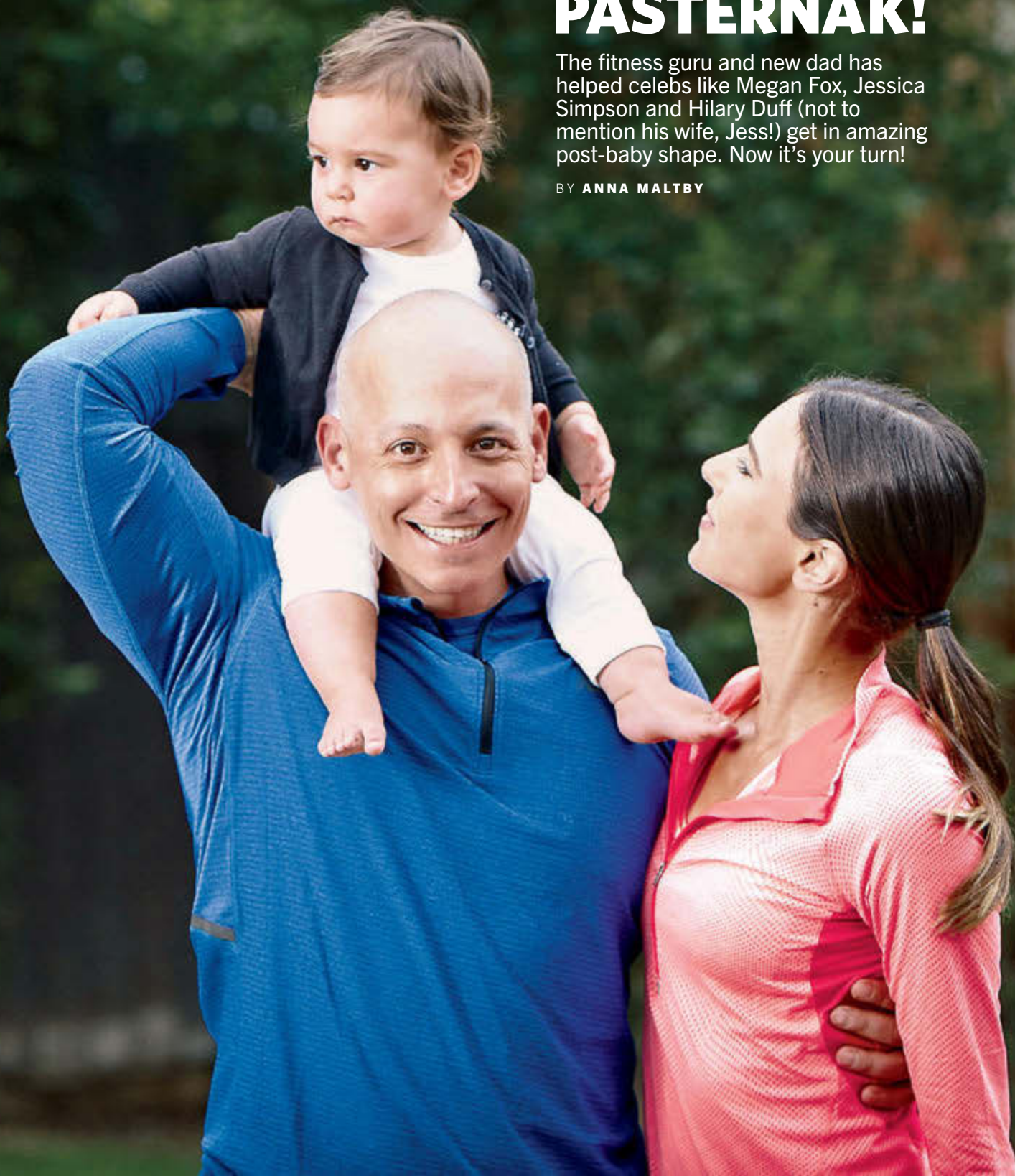


bye-bye,  
baby weight

# GET YOUR BODY BACK WITH HARLEY PASTERNAK!

The fitness guru and new dad has helped celebs like Megan Fox, Jessica Simpson and Hilary Duff (not to mention his wife, Jess!) get in amazing post-baby shape. Now it's your turn!

BY ANNA MALTBY



**YOU KNOW WHEN YOU SEE PAPARAZZI** pics of a gorgeous actress looking phenomenally fit as she totes her new baby around L.A., and you think to yourself, *How did she do that?!* Well, chances are good the answer is Harley Pasternak. The tough-but-sweet celebrity trainer isn't about gimmicks or fads. Instead, he combines well-established fitness guidelines with a realistic, encouraging attitude. This gentle yet firm philosophy is especially well suited to new moms. "You have to walk before you run, literally," Pasternak says. "There's so much happening right now: fatigue, emotions, feeding, pumping, changing diapers! This 7-pound creature can take up so much of your time. You need to have patience as you think about getting back in shape."

Harley's seen it firsthand, and not just with clients: His wife Jessica gave birth to their first child, daughter Liv Harlow, last March. "Having worked with so many pregnant and new-mom celebrities, I had the inside scoop and was able to give Jessica guidance that came from experience," the trainer says. (And how did she feel about it? Turn to p. 34!)

The best way to ease into exercise post-baby: set a daily step goal. While Pasternak is a fan of aiming for 10,000 steps a day—it's one of several easy-to-follow rules in his new book, *5 Pounds* (out this month from Rodale)—that number may not be feasible when you're still recovering and newly cleared for exercise. "Really listen to your body, and maybe begin with 3,000 steps, then increase to 4,000 or 5,000, and work your way up to 10,000," he says. "No matter how short your walk is, getting outside in the sunshine is one of the best things you can do right now for your body and mood." When your strength and energy return, add resistance exercise—like the moves he designed for us here.

Overall, Pasternak says, the key is to focus less on the number on the scale and more on the healthy habits you're adopting (eating well, moving regularly, getting more sleep and unplugging at least an hour a day) and to appreciate the new joy you've just brought into the world. "My wife wakes me up every morning by bringing our daughter into the bedroom and putting her on my chest," Pasternak says. "There's no better way to start the day."

## YOUR 5 MIRACLE MOVES

When it comes to resistance training post-baby, Pasternak is all about the back. You spent nine months carrying extra weight on the front of your body, which put pressure on your back and may have caused pain, and now you're constantly toting a little one around (not to mention the extra volume you've got going on in the boob region!). By strengthening the muscles that help you manage and balance that weight, you'll feel less back pain and have an easier time carrying your peanut. Pasternak is a big fan of classic moves (deadlifts, planks and so forth) because they *work*—and because unlike fancy, complicated exercises, you're less likely to screw them up or injure yourself. Here, his wife, Jessica, demonstrates his favorite new-mom routine: Do it 3 or more times per week for strong, super-functional muscles that just so happen to help you look amazing, too.

### THE PLAN

#### HOW IT WORKS

Warm up with 5 minutes of cardio (jogging in place, jumping rope, etc.), then do each of the following moves in order. Rest 1 minute, then repeat. Complete 4 circuits total, then cool down and stretch.

#### YOU'LL NEED

A bench, a yoga mat and a set of dumbbells (light enough that you can perform 20 reps, but heavy enough that it's tough toward the end of your set!)



### ◉ No. 1

#### ALTERNATING DUMBBELL TRICEPS EXTENSION

(WORKS TRICEPS)

Lie on a bench with a dumbbell in each hand, arms fully extended overhead (A). Keeping right arm stationary, bend left elbow to lower dumbbell to ear (B), then contract triceps to return to start. Repeat on other arm. Continue alternating for 20 reps on each arm (40 total).





**No. 2**  
**STIFF-LEG DEADLIFT**

(WORKS HAMSTRINGS, GLUTES AND LOWER BACK)

Stand with knees slightly bent, holding dumbbells close to thighs (A). Keeping spine straight, hinge forward at hips (B), then engage glutes to return to start. Do 20 reps.



**No. 3**  
**SINGLE-ARM DUMBBELL ROW**

(WORKS MID-BACK, BICEPS, LATS AND SHOULDERS)

Kneel with left knee and hand on bench, right foot on floor, with dumbbell in right hand (A). Keeping right arm close to your body, lift right elbow as high as you can, squeezing shoulder blades together (B), then return to start. Perform 20 reps, then switch sides.



# SO, WHAT ABOUT CARDIO?

"I used to measure cardio in minutes—I'd basically handcuff my clients to the elliptical for 45 minutes," Pasternak says. "But I realized that, A, it's boring, and B, if you're sitting the rest of the day, those 45 minutes can't undo the 23 hours and 15 minutes of doing nothing." Instead, here's what he preaches today.

I'd be forced to walk to the neighborhood coffee shop and back twice a day," he says. "It takes 1,300 steps to get there, so that's half my daily steps right there." (Trying to save on pricey coffee? Make some at home and use your cup of joe as a reminder to take a quick walk!)

**■ Supplement when needed** "On days when I'm traveling and have to sit for most of the day, I'll hop on a bike or treadmill when I arrive at the hotel and watch a show on Netflix," Pasternak says. "I find cardio so dull, but if I have a reason to do it—like coffee or entertainment—it's more likely to get done." *Portlandia* will be just as funny from an elliptical, promise!

**■ Track your steps** A Fitbit or other wearable tracker can help ensure you're doing enough daily pavement-pounding and motivate you to get up and about more often. The bathroom on the other end of the office? It's calling.

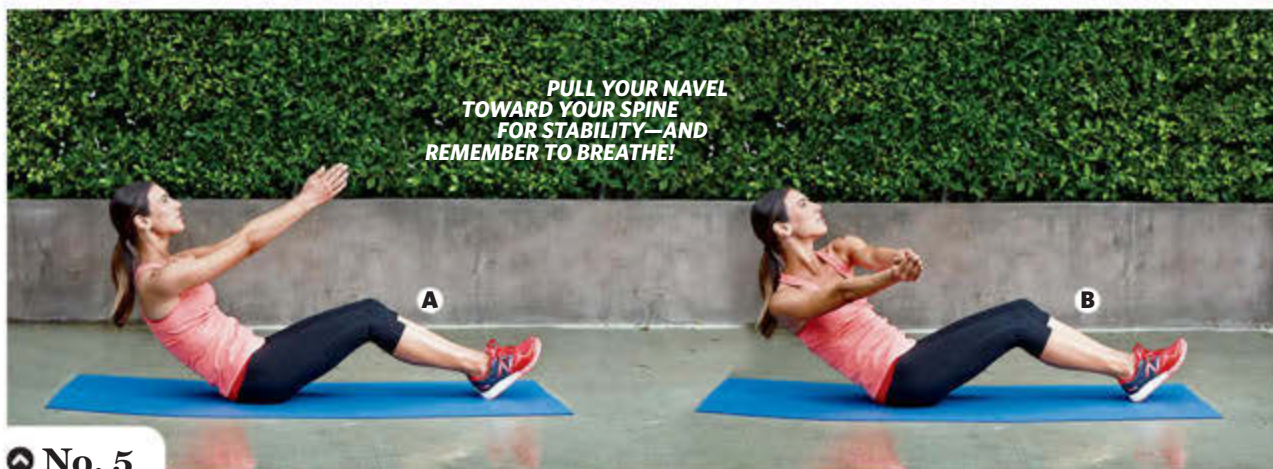
**■ Work it into your routine** "I got rid of my coffee machine so that



## 🕒 No. 4 PIKE PLANK

(WORKS ABS, ARMS AND UPPER BACK)

Start in plank position, body in straight line and wrists under shoulders (A). Contract abs and imagine a rope pulling your butt toward the ceiling (B), then return to plank. Do 20 reps.



## 🕒 No. 5 TRUNK TWIST

(WORKS ABS AND BACK)

Sit with knees bent and heels on floor, holding your arms straight out in front of your chest, palms together. Lean your torso back at a 45-degree angle (A). Brace core and rotate to the right as far as you can, without raising or lowering your torso (B). Pause, then reverse your movement and twist all the way to the left as far as you can. That's 1 rep; do 20 reps.



bye-bye,  
baby weight

# BLEND YOUR WAY BUFF

"Right now, your time to cook healthy meals is really minimized," Pasternak says. "So it's important to have strategies to make sure you're consuming a healthy number of calories and that you're getting the right nutrients." His favorite shortcut: smoothies! Go for recipes that have plenty of protein, healthy fats and fiber, like this one, which clocks in at 285 calories.

## PB&J Smoothie

MAKES 1 SERVING

- 2 cups fresh or frozen strawberries (or mixed berries)
- 1 frozen banana, chopped
- 2 teaspoons peanut butter
- ½ cup fat-free plain Greek yogurt
- ½ cup ice cubes
- cold water (enough to get the blender moving, and then to desired consistency)

Place all ingredients into a blender and blend until smooth.



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WHATEVER  
FRUIT IS IN THE  
FRIDGE.



## WHAT IT'S REALLY LIKE TO BE MARRIED TO A TRAINER

I felt pretty good after Liv arrived, but I was in no hurry to return to exercise. I waited until my doctor said it was OK to work out, and even a couple of weeks after that because I didn't want to rush it. Our first walk around the block—Harley, Liv and me—he was speeding! I said, "Harley, we're not going anywhere—this is literally a walk around the block. I don't know what you're rushing for. It's the journey, not the destination!"

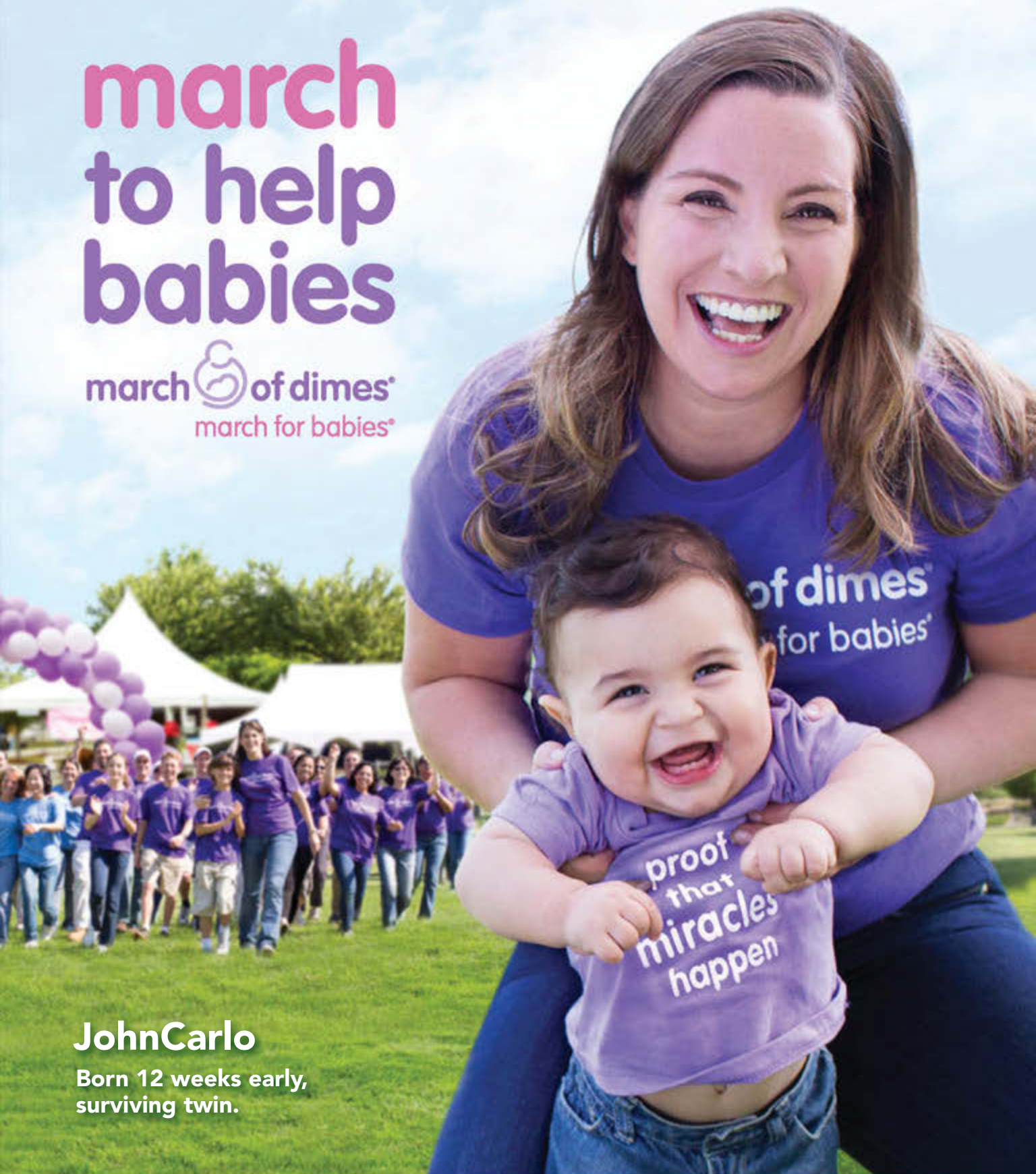
Now, I'm walking regularly outside with Liv: She loves to be outdoors and look around, and it feels great to be moving. I also follow a resistance-training program that Harley uses with his clients, though it's not like he's there coaching me through everything. I sometimes give Harley a hard time about it: "You're this Hollywood guru health guy! What am I getting out of this?!" You know that phrase, "The cobbler's wife has no shoes?" That sounds terrible, but the truth is that Harley isn't my trainer! He's never counted my sets or reps. But it's fine, because he's all about the power of a great program—if you have a solid plan, you don't necessarily need someone there to watch over everything you're doing. So I do some basic moves with body weight and free weights a few times a week, and we love to walk together as a family.

I've learned that you have to let time and Mother Nature take their course. It's hard to be patient, but every time you look at the baby you think, *I can't believe I made that!* It's just a beautiful thing, no matter what your body looks like.

—JESSICA PASTERNAK  
(AS TOLD TO ANNA MALTBY)

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